

3-DAY Dialectical Behavior Therapy Certification Training

Dialectical Behavior Therapy is a powerful, evidence-based treatment that allows clinicians to provide positive outcomes for clients of all ages struggling with stress, depression, trauma, suicidal and self-destructive behaviors and a variety of other clinical presentations.

This 3-day Certification Training will build the core competencies you need to bring DBT into your clinical practice and effectively use it with a wide range of client types. In just 3 days you'll be given a roadmap to treat individuals using the skills and techniques from DBT so you can help your most challenging clients reach new levels of healing.

Even if you've attended other Dialectical Behavior Therapy (DBT) trainings, this program will increase your competency and clinical sophistication with DBT when working with adults, youth, substance users and trauma survivors in a wide variety of settings.

Best of all, upon completion of this live training, you'll be eligible to become **Certified in Dialectical Behavior Therapy (C-DBT)** through Evergreen Certifications.

Certification lets colleagues, employers, and clients know that you've invested the extra time and effort necessary to understand the complexities of using DBT in counselling. Professional standards apply. Visit www.evergreencertifications.com/CDBT for details.

Sign up today and get the skills and confidence you need to successfully help your clients with the power of DBT!

Live Seminar & Webinar Schedule

(Listed in Eastern time) (All 3 days)

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (on your own)

4:40 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.



If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-726-3888 and we will make it right.

Target Audience:

Counselors • Psychologists • Psychotherapists • Social Workers • Marriage & Family Therapists
Addiction Counselors • Case Managers • Mental Health Professionals • Physicians • Nurses

Meet Your Speaker



Charles Jacob, PhD, CBT-C, is a faculty member at Sacred Heart University in Connecticut. He received his PhD from The Pennsylvania State University and completed a year of additional training at the Center for Cognitive Therapy at the University of Pennsylvania. He has over 15 years of clinical experience conducting and overseeing the delivery of mental health services to individuals with severe mood and personality disorders as well as their families.

Dr. Jacob is an expert in Cognitive Therapy, as well as a highly regarded clinician and scholar. He has regularly delivered lectures on Cognitive Behavioral Therapies throughout the country and has been an invited speaker at universities throughout the world. Dr. Jacob is an Evergreen Certifications approved CBT-C consultant. He is a past president of the ACA's Pennsylvania branch, a recipient of PCA's David W. Hall Advocacy Award, and has been a featured interview in *Counseling Today* as well as NPR's *The Pulse*.

Speaker Disclosures:

Financial: Dr. Charles Jacob maintains a private practice and has employment relationships with the University of Pennsylvania and Sacred Heart University. He is a published author and receives royalties. receives a speaking honorarium and recording royalties from PESI, Inc. He has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Charles Jacob is a member of the American Counselor Association.

Charles Jacob, Ph.D., is not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organizations.

Here's What Your Colleagues Are Saying!

★★★★★
"This was a great training and has increased my interest and engagement in using DBT techniques in treatment!" – Jessie Patterson, Counselor

★★★★★
"Great course. I feel prepared and confident moving forward. Great instructor." – Jordan Johnson Counselor

★★★★★
"Really great course. Dr. Jacob is clearly knowledgeable on the subject and did a great job relaying the information while also keeping audience engaged." – Jessica Chamberlain Social Worker

★★★★★
"Best PESI training I have taken." – Dominique Couture, Social Worker

★★★★★
"Dr. Jacob was very knowledgeable in DBT, was very engaging in his presentation, and was very responsive and encouraging of questions from the webinar participants." – Evelyn Adelaja – Marriage & Family Therapist

Recommended Reading:



Dialectical Behavior Therapy, Vol II, 2nd Edition

By Cathy Moonshine, PhD, MAC, CADCI & Stephanie Schaefer, PsyD, CADCI

~~\$34.99~~ **\$24.99**



The Expanded Dialectical Behavior Therapy Skills Training Manual, 2nd Edition

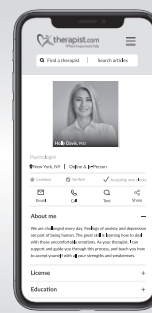
By Lane Pederson & Cortney Pederson

~~\$36.99~~ **\$27.99**

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We Are Back! Join In Person or Online!

3-DAY Dialectical Behavior Therapy Certification Training

King of Prussia, PA
Monday - Wednesday
June 5 - 7, 2023

Live Interactive Webinar
Monday - Wednesday
June 5 - 7, 2023



REGISTER NOW:
pesi.com/express/88547

We Are Back! Join In Person or Online!

3-DAY Dialectical Behavior Therapy Certification Training

Certification Training

- Core skills and adaptations to successfully bring DBT into your practice
- Overcome common stumbling blocks to implementing DBT
- Easy to use worksheets and exercises



BECOME A CERTIFIED IN DIALECTICAL BEHAVIOR THERAPY!

This seminar meets ALL requirements to become certified in Dialectical Behavior Therapy (C-DBT) through Evergreen Certifications! Professional standards apply, visit www.evergreencertifications.com/CDBT for full certification details.

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Outline

Foundations of DBT
Biosocial Theory
Characteristics of DBT
DBT as an evidenced-based practice
Dialectics: the balance of acceptance and change

DBT in the Clinical Setting
Application of DBT in the individual and group therapy setting
Skills training methods
Validation strategies
Research and limitations

DBT Skills Training

Mindfulness: Cultivate the Skills at the Core of Successful DBT Therapy
Acceptance vs. judgement
Wise mind – achieve harmony between emotion and reason
Accessible exercises for building mindfulness skills
Observation - keep clients calm, centered and aware
Describe - overcome assumptions
Participation - release judgement and fear

Strategies for teaching mindfully and exercises for therapy

Interpersonal Effectiveness: Skills to Build Better Relationships and Lives

Tools to identify strengths
Balancing relationships with self-respect
Exercises and role play guidance on how to:
Develop healthy assertiveness skills
Enhance conflict resolution skills
Build empathy
Keep problems from building up
Resist pressure

Top strategies for changing behavior

Emotion Regulation: Practical Skills for Healthier Emotions and Greater Resilience

Strong emotions and poor coping skills
How to change unwanted emotions
Reduce emotional vulnerability while practicing self-care
Opposite action skills to reduce maladaptive behavior

Emotion Regulation exercises
Self-soothing strategies that work
Learn the sleep hygiene protocol

Distress Tolerance: Skills to Cope with Painful Moments and Survive Crisis
Developing crisis survival and reality acceptance skills
4 options to solving problems
Problem solving case studies
Using pros and cons to make decisions
STOP skills to manage crisis situations
The steps to practicing radical acceptance
Tools to accept change

DBT in Clinical Practice
Analyzing behaviors: chain analysis & missing links analysis

Diary cards and homework with clients
Identify therapy interfering behaviors
Develop skills to identify and manage self-harming & suicidal behaviors

Self-Harm and Suicidal Crises: A Roadmap for Assessment and Intervention
Screening and assessment tools for self-harming behaviors

Interventions and treatment considerations for the self-harming population
Suicide risk as a skills deficit problem
Tools and techniques to assess for level of risk
Firearms, medications, and lethal-means restriction plans that work
Safety plans and crisis intervention

Adapt DBT with Different Populations
Children and adolescents
Trauma survivors
Substance abusers

DBT: The Therapist and Consultation Group
3 ways to decrease therapist burnout
The characteristics of an effective DBT team
Integrating DBT into your practice

Objectives

1. Analyze the origins of Biosocial Theory and communicate the clinical implications of the theory.
2. Determine how DBT skills can help clients identify unhealthy interaction styles.
3. Determine how mindfulness skills can empower clients to interpret situations in new ways and react in healthier ways.
4. Demonstrate how clinicians can effectively teach DBT skills and encourage support and constructive feedback in a group setting.
5. Develop ways in which clinicians can maximize client buy-in for DBT homework assignments.
6. Determine how interpersonal skills training can be used with clients to improve relationships.
7. Determine how DBT skills can be used to decrease the likelihood of compassion fatigue in clinicians.
8. Demonstrate how DBT skills can be utilized to identify and overcome obstacles to changing emotions and reactive behaviors.
9. Devise ways in which DBT can be adapted for working with children and adolescents.
10. Appraise how DBT can be used in working with trauma survivors.
11. Demonstrate how diary cards can be used by clients to monitor their emotions and track how they are using DBT skills to deal with challenges.
12. Effectively utilize a chain analysis with clients to help them gain insight into how they can change problem behaviors.
13. Determine how opposite action strategies can be used by clients to reduce self-destructive urges.
14. Support how interpersonal effectiveness exercises can be employed in therapy to help clients keep relationship without sacrificing their self-respect.
15. Utilize a pros and cons list that can help clients see the consequences of their actions and make better choices when they are faced with a difficult decision.
16. Apply strategies to confront therapy interfering behaviors and help clients overcome avoidance.
17. Determine how Dialectical Behavior Therapy interventions can help clients foster radical acceptance of traumatic events and reduce feelings of shame, guilt and fear.
18. Demonstrate how the STOP skills can help clients to manage crisis situations and prevent them from doing something impulsive they might regret later.
19. Determine how clinicians can use the levels of validation to enhance the therapeutic alliance and teach clients to validate themselves.
20. Employ DBT skills that can be used with clients to reduce self-harm and suicidal behaviors.
21. Develop a client's Wise Mind state so they can be more aware and less impulsive in their actions.

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info.

Can't attend in person? You can still join us!
Watch live Webinar from your home or office – Participate live in real-time while connecting and collaborating with peers, ask the presenter questions, earn a live CE certificate, free bonus – replay on demand access for 90 days (live CE is only available when viewed live) OR **Watch on-Demand** – learn at your own pace, lifetime access online to content and materials, earn a self-study certificate (CE hours and approvals may vary from live event, visit pesi.com for availability).

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Hails Keene** at hkeene@pesi.com or call **715-613-0610**.

CERTIFICATION MADE SIMPLE!



- **No hidden fees – PESI pays for your application fee (a \$249 value)*!**
- **Simply complete this live event and the post-event evaluation included in this training, and your application to be Certified in Dialectical Behavior Therapy (C-DBT) through Evergreen Certifications is complete.***

Attendees will receive documentation of C-DBT designation from Evergreen Certifications 4 to 6 weeks following the program.
**Professional standards apply. Visit www.evergreencertifications.com/CDBT for professional requirements.*

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Please see "live seminar schedule" for full attendance start and end times. For the in-person event, after attendance has been verified, pre-registered attendees will need to log into their online account to access the online evaluation and certificate of completion. For those in partial attendance (arrived late or left early), a letter of attendance will be available in the attendee online account after completion of the evaluation. An adjusted certificate of completion reflecting partial credit will be sent within 30 days (if your board allows). The CE certificate for the live webinar can be downloaded after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. NOTE: Boards do not allow credit for breaks or lunch. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-726-3888 before the event. Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards. For planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, PESI UK, PESI AU, and Psychotherapy Networker.

Addiction Counselors: This activity consists of 21.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Pennsylvania Addiction Counselors: This course has been reviewed and approved for by the Pennsylvania Certification Board. This course will award 21.0 PCB Approved Hours of Education. (Valid for PA locations only)

Counselors: This intermediate activity consists of 21.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Pennsylvania Counselors: CE credit is available. This course consists of 6.25 continuing education clock hours for Pennsylvania Counselors. The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors confirms under 49 Pa. Code S.49.36 that CE providers approved by the ACE Program of the Association of Social Work Boards meet the Board standards and qualify as approved providers. PESI, Inc. is an approved provider. Please see social work approvals for this program.

Marriage & Family Therapists: This activity consists of 1260 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Pennsylvania Marriage & Family Therapists: The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This Intermediate activity consists of 21.0 clock hours of continuing education instruction.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 21.0 contact hours. Partial contact hours will be awarded for partial attendance.



Psychologists & Physicians:
Physicians
PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 21.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists
The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 21.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

Pennsylvania Psychologists: CE credit is available. This course consists of 21.0 continuing education credit hours for Pennsylvania Psychologist. The Pennsylvania Board of Psychology, 41.59(d)(3) confirms acceptance of continuing education programs relevant to psychology from providers approved by the American Medical Association (AMA). This live activity is certified for a maximum of 21.0 AMA PRA Category 1 Credits™ by PESI as an accredited ACCME provider authorized to award credit by the AMA. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Social Workers (NASW): This live program is approved by the National Association of Social Workers (Approval #886759332-4966) for 21.0 Clinical Social Work continuing education contact hours.

Social Workers: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2020 - January 27, 2023. Social workers completing this course receive 21.0 Clinical continuing education credits.
Course Level: Intermediate Format: Synchronous distance Full attendance is required; no partial credits will be offered for partial attendance.

Pennsylvania Social Workers: The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This Intermediate activity consists of 21.0 clock hours of continuing education instruction.

Other Professions: This activity qualifies for 1260 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

For all credit approvals and details, visit: www.pesi.com/express/88547

SIGN UP TODAY! 3-Day DBT Certification Training



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2 Live Training Options (make copy for your records)

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- On-Demand Digital Seminar \$599.99*** [POS056020]
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* plus applicable sales tax, visit www.pesi.com/faq for more information

4 Recommended Reading

- ~~\$34.99~~ **\$24.99**** *Dialectical Behavior Therapy, Vol II, 2nd Edition* book [PUB085940]
- ~~\$36.99~~ **\$27.99**** *The Expanded Dialectical Behavior Therapy Skills Training Manual, 2nd Edition* book [PUB084840]

**Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping

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