

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

Learning Objectives can be viewed at pesi.com/webcast/89596

Live Webinar Schedule (all 3 days) (Times listed in Central)

8:00 Program begins

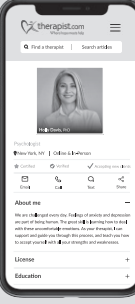
11:50-1:00 Lunch Break

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.

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Featuring,
Katelyn Baxter-Musser, LCSW, CDBT

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



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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.

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Meet Your Speaker



Katelyn Baxter-Musser, LCSW, CDBT, is a licensed clinical social worker and is certified in Dialectical Behavior Therapy (CDBT) through Evergreen Certifications Institute.

Ms. Baxter-Musser is trained in DBT and incorporates it into her practice in working with adolescents and adults presenting with a variety of concerns. She has facilitated DBT skill groups and has used DBT in individual therapy in private practice and in work for several agencies. Her years of experience using DBT principles in her practice have helped her clients to develop healthier coping skills, better process their past traumas, and increase their ability to identify and cope with destructive emotions.

Ms. Baxter-Musser is also trained in Cognitive Behavioral Therapy and is an EMDRIA approved consultant. She is a member of the National Association of Social Workers, the American Academy of Experts in Traumatic Stress and the National Center for Crisis Management. She has previously sat on the EMDRIA Standards and Training Committee and was the co-regional coordinator for the EMDRIA Southern Maine Regional Network. She works in private practice where her areas of expertise include the treatment of trauma, PTSD, depression, anxiety, grief and relationship issues.

Speaker Disclosures:

Financial: Katelyn Baxter-Musser is the owner, operator, trainer of Inner Awakening Counseling & Consulting. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Katelyn Baxter-Musser is a member of EMDRIA, the National Association of Social Workers, the American Academy of Experts in Traumatic Stress, the National Center for Crisis Management, and the International Society for the Study of Trauma and Dissociation.

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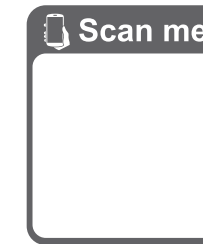
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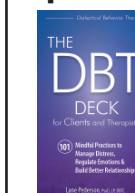
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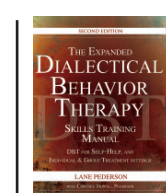


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