

## Highlights

- Transform Your Practice by Learning DBT Inside Out
- Customize DBT for Your Clients and Setting in an Evidence-Based Manner
- Learn About the Latest DBT Developments, including:
  - Radically-Open DBT
  - DBT With Children and Adolescents
  - DBT for Substance Use Disorders
  - Skills Training
- Expand the Use of Mindfulness in Your Practice and Life

Earn your  
**CERTIFICATE**  
Today!

### Become Certified in Dialectical Behavior Therapy!

Certificate of completion will be awarded at the end of this course. Completion of this course meets the educational requirement for certification in Dialectical Behavior Therapy through Evergreen Certification Institute (EVGCI).

## About the Conference

Dialectical Behavior Therapy (DBT) has evolved from the go-to treatment for borderline personality disorder to one of the most recognized and sought after therapies for a variety of difficult to treat client problems. The increasing pressure to adopt treatments that work makes DBT skills and strategies a must-have for all types of therapists.

For those who feel that pressure but fear becoming a "manual manic", relax. Dr. Lane Pederson teaches how to follow the manual yet make thoughtful customizations consistent with evidence-based practices and always grounded in the therapeutic alliance. Covering DBT from theory to clinical application, including the use of diary cards, behavioral analysis, contingency management, and multi-layered validation, this certificate course welcomes those implementing DBT in standard and adapted ways as well as those wishing to simply add DBT skills and techniques to their eclectic or integrative style.

If you have felt limited or stuck with your therapy skills or ready to give up on certain clients, this certificate course will breathe new life into your work. You will leave ready to use the essentials of DBT listed above as well as skills from the Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness Modules with your clients, enjoying new confidence in and effectiveness with your clinical skill set.

Receive over 50 Practical DBT Worksheets, Resources, and Exercises

**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 **Claire Zelasko** at [czelasko@pesi.com](mailto:czelasko@pesi.com) or call 715-855-8194.

## Speaker

**Lane Pederson, Psy.D., LP**, has provided Dialectical Behavior Therapy (DBT) training and consultation to over 10,000 professionals in the United States, Australia, South Africa, Dubai, Canada, and Mexico through his training and consultation company, Lane Pederson and Associates, LLC ([www.DrLanePederson.com](http://www.DrLanePederson.com)). A real world practitioner, Dr. Pederson co-owns Mental Health Systems, PC (MHS), one of the largest DBT-specialized practices in the United States with four clinic locations in Minnesota ([www.mhs-dbt.com](http://www.mhs-dbt.com)). At MHS Dr. Pederson has developed DBT programs for adolescents, adults, people with dual disorders, and people with developmental disabilities. He has served as clinical and training directors, has directed practice-based clinical outcome studies, and has overseen the care of thousands of clients in need of intensive outpatient services.

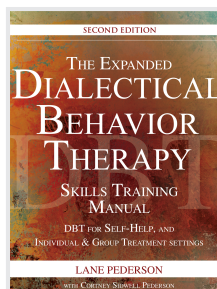
Dr. Pederson's DBT publications include *The Expanded Dialectical Behavior Therapy Skills Training Manual*, Second Edition (PESI, 2017); *Dialectical Behavior Therapy: A Contemporary Guide for Practitioners* (Wiley, 2015); and *Dialectical Behavior Therapy Skills Training in Integrated Dual Disorder Treatment Settings* (PESI, 2013).

Notable organizations he has trained for include Walter Reed National Military Hospital, the Federal Bureau of Prisons, the Ontario Psychological Association, the Omid Foundation, and Psychotherapy Networker. He has provided DBT training for community mental health agencies, chemical dependency treatment centers, hospital and residential care settings, and to therapists in forensic settings. Dr. Pederson also co-owns Acacia Therapy and Health Training ([www.AcaciaTraining.co.za](http://www.AcaciaTraining.co.za)) in South Africa. Dr. Pederson currently serves on the advisory board for the doctoral counseling program at Saint Mary's University of Minnesota and is a peer reviewer for Forensic Scholars Today.

Speaker Disclosure:  
Financial: Lane Pederson maintains a private practice. He is an author for PESI Publishing & Media and receives royalties. Dr. Pederson receives a speaking honorarium from PESI, Inc.  
Non-financial: Lane Pederson has no relevant non-financial relationship to disclose.

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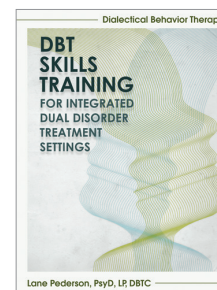
### BOOKS BY THE PRESENTER



***The Expanded Dialectical Behavior Therapy Skills Training Manual, 2nd Edition***  
*DBT for Self-Help and Individual & Group Treatment Settings*  
By Lane Pederson, Psy.D., LP & Cortney Pederson, MSW, LICSW

With fresh updates on the classic modules of mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness, this manual expands skills training into the areas of dialectics, shifting thoughts, building routines, problem-solving, and boundaries. Straightforward applications and useful worksheets make the skills accessible to clients. Easy to ready and highly practical.

### BOOK



***DBT Skills Training for Integrated Dual Disorder Treatment Settings***

By Lane Pederson, Psy.D., LP

This workbook outlines the acceptance-based philosophies of DBT with straight-forward guidelines for implementing them in Integrated Dual Disorder Treatment (IDDT) settings. Includes comprehensive explanations of DBT skills tailored for those with dual disorders. Includes new reproducible handouts and worksheets for clients that can be used in therapy and treatment programs.

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## 4-day Intensive Certificate Course in

# Dialectical Behavior Therapy (DBT)



Featuring  
**Lane Pederson, Psy.D., LP**  
Internationally Recognized DBT Expert, Speaker, Author

This course meets the educational requirement when applying for Certification in Dialectical Behavior Therapy through Evergreen Certification Institute (EVGCI) ([evgci.com](http://evgci.com))

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## Outline

### Foundations of DBT

The Story of DBT  
Explicit focus on validation  
Cognitive-behavioral change strategies  
Skills training  
Consultative approach  
Mindfulness  
Dialectical balance  
Five functions of DBT  
Is it DBT?: What's needed in a DBT clinical process

### Dialectical Philosophy. What IS it, and HOW is it Used?

Dialectics explained  
Dialectical assumptions  
Dialectics in action  
Dialectical Abstinence. When NOT to be dialectical

### Core Assumptions of DBT: Shaping the Therapy

Acceptance and nonjudgmental stance  
View of clients, therapist and therapy

### DBT Models: Standard and Beyond

DBT Modes and Formats  
DBT Research: Understanding and Context  
Evidence-Based Practice versus Evidence-Based Treatments  
Understanding how therapy works  
Six decades of empirical research  
Maximizing therapeutic factors, DBT-style

### Biosocial Theory: Guiding the Therapy

Biosocial theory of difficulties  
How theory drives therapy  
Update to Theory: RO DBT

### Getting Started: Therapy Structure

Structure as a therapeutic factor  
Structuring the environment  
DBT Stages  
Identifying treatment targets: suicidality, self-injurious behavior (SIB), therapy-interfering behavior (TIB), and other targets

### Special Populations and Settings

Children and Adolescents  
Substance Use Disorders  
Levels of Care

### Mindfulness and DBT

Mindfulness explained  
Mindfulness of the approach  
Mindfulness as a therapy technique  
Mindfulness in life

### DBT Skills Training

Integrating skills into therapy  
Using skills to develop new behaviors  
Methods for skills training

### Mindfulness: The Path to Wise Mind

What skills: observe describe, participate  
How skills: nonjudgmental, one-mindful, effectively  
Mindfulness practice and application

### Teaching Dialectics

Identify dialectical dilemmas  
Activate Wise Mind action  
For adolescents and parents: Middle path  
For substance use disorders: dialectical abstinence

### Distress Tolerance

Wise mind ACCEPTS  
IMPROVE the moment  
Pros and cons  
Radical acceptance/turning the mind

### Emotion Regulation

Model of emotions  
PLEASED  
Build positive experiences  
Opposite action

### Interpersonal Effectiveness

FAST skills  
GIVE skills  
DEAR MAN skills

### Supplemental and Updated Skills and Modules

Urge surfing  
Bridge burning  
TIP  
DBT Clinical Process

### Diary Cards

Standard  
Adapted for special populations

### Behavioral Analysis (Chain Analysis)

Getting the client on board  
Build awareness and options  
Bridging into solution analysis

### Starting Out: Commitment Strategies Validation

A multi-layered approach  
As an exposure technique  
Used dialectically with change  
Difference from normalization

### Change Interventions

Behavioral principals  
Contingency procedures  
Best behavior change methods  
DBT-style cognitive interventions

### Exposure Techniques

When to use (and not to use)  
Exposure protocols  
Alternatives to exposure

### Communication Styles

Reciprocal  
Irreverent

### Consultative Group and Treatment Teams

Increase your motivation  
Develop effective responses  
Qualities of effective treatment teams

### Assess and Manage Self-Injurious Behavior (SIB)

When is SIB life-threatening?  
Creating alternatives

### Assess and Manage Suicidal Ideation (SI)

Suicide assessment techniques  
Establishing safety protocols  
Safety plans and safety commitments

### Hospitalization Issues

Effective use of the hospital  
Transitions in and out

### Next Steps

What you learned and what you need  
Developing your plan  
Taking action

## LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION FOR ALL FOUR DAYS

**Credits listed below are for full attendance at the live event only.** Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "Live seminar schedule" for full attendance start and end times. **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 ceps@pesi.com or 800-844-8260 before the event.**

**Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. 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 professions standards.**

**PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.**

**ADDICTION COUNSELORS:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 25.0 CE in the counseling services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

**COUNSELORS:** This intermediate activity consists of 25.25 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.

**TEXAS COUNSELORS:** PESI, Inc. has been approved as a continuing education sponsor through the Texas State Board of Examiners of Professional Counselors. Provider #: 2477. This course qualifies for 25.0 continuing education credits.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 1520 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.

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**PSYCHOLOGISTS:** PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 25.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

**SOCIAL WORKERS:** PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 25.25 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

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QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com)

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## OBJECTIVES

Please visit [www.pesi.com/lane4day](http://www.pesi.com/lane4day) for learning objectives.

“Evidence Based! Approachable and accessible. Lane is extremely knowledgeable. I would highly recommend Lane and this training to others.”

- Laurel (Denver, CO)

“I learned a lot & the information was helpful as we went over the DBT stages, application of skills, nature and importance of the structure of this therapy, as well as Lane’s expertise & evidence-based support of therapy. Watching Lane conduct DBT sessions was very helpful too.”

- Counselor (Denver, CO)

### Live Seminar Schedule (each day)

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

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

**4:00** Program ends

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The mission of Evergreen Certification Institute (EVGCI) is to promote the evidenced-based practice of Dialectical Behavior Therapy (DBT) in the service of consumers, their families, and those who pay for DBT services, and to promote the continued professional development of DBT therapists.

Visit the EVGCI website at <http://evgci.com> for more details on the benefits of certification and the non-profit association.

This conference meets the educational requirements for Certification in Dialectical Behavior Therapy.