

Outline

History & Philosophy of DBT

Dialectics explained
Core philosophies in practice
Skills training techniques

Mindfulness Skills

Grounded in the present while being connected to past & future
Using core skills to achieve "Wise Mind"
Learn classic and innovative mindfulness skills
Mindfulness exercises

Distress Tolerance Skills

Building frustration tolerance
Utilizing crisis survival strategies and plans
Learn classic and innovative Distress Tolerance skills
Distress Tolerance exercises

Emotional Regulation Skills

Understanding emotions and reducing vulnerability
Incorporating self-care, opposite action and building positive experience
Learn classic and innovative emotional regulation skills
Emotional regulation exercises

Interpersonal Effectiveness Skills

Balance in relationships
Objective, relationship and self-respect effectiveness
Learn classic and innovative interpersonal effectiveness skills
Interpersonal effectiveness exercises

DBT in Practice

Understanding how therapy works:
The Contextual Model
Evidence-based practice
Maximizing therapeutic factors, DBT-style
Essential elements and functions of DBT revisited

Structure Therapy

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

Validation

Levels of validation
Validation as an informal exposure technique

Best Methods of Changing Behaviors

Self-monitoring with the diary card
Behavioral contingencies
DBT-style cognitive interventions
Behavior Chain (Change) Analysis

Communication Styles: Reciprocal and Irreverent Consultation Group

Increase your motivation
Develop effective responses
Qualities of effective treatment teams

Next Steps: Develop Your Proficiency in DBT



Objectives

1. Integrate the theory and techniques of DBT into your clinical practice.
2. Teach DBT skills in the areas of Mindfulness, Distress Tolerance, Emotional Regulation and Interpersonal Effectiveness.
3. Incorporate how to integrate DBT skills for individual and group therapy treatment.
4. Utilize DBT skills for treating mental health symptoms, chemical dependency and complex co-morbidity.
5. Designate additional tools and resources for implementing DBT in a clinical setting.
6. Articulate a variety of strategies for teaching DBT skills to clients.
7. Recommend how to seamlessly integrate DBT skills into individual therapy.
8. Discriminate the DBT model from cognitive-behavioral, client-centered, and other treatment modalities.
9. Practice a multi-layered approach to validation of clients' thoughts and feelings.
10. Employ DBT diary cards and chain (change) analysis in clinical practice.
11. Propose how to operate with consultative groups and treatment teams.
12. Assess and manage self-injurious and suicidal behaviors with clear protocols and safety plans.

Course Highlights

- Use DBT flexibly, creatively and effectively for a variety of clients
- Build a foundation of DBT competency
- Integrate DBT skills into individual and group therapy
- Use case examples as a guide for effective application of skills in clinical situations
- Learn DBT "inside-out" from theory to application
- Practice diary cards and chain analysis protocols

Speaker

Kirby K. Reutter, PhD, LMHC, ICAADC, CADAC-IV, MAC, is a bilingual licensed psychologist, licensed mental health therapist, and internationally certified substance abuse counselor. Dr. Reutter has worked with residential populations for the past 12 years, where he has specialized in implementing DBT interventions for both clinical and direct-line settings. In addition, Dr. Reutter has spoken widely on DBT throughout the nation. He conducted his own international research on coping, which was subsequently published by a variety of sources. Dr. Reutter has led a monthly talk show on various mental health issues for a Spanish speaking radio station with a three-state broadcast. Most recently, he authored the *DBT-based Survival Packet: A Treatment Guide for Individual, Group, and Family Counseling*.

Speaker Disclosures:

Financial: Kirby Reutter has an employment relationship with Gateway Woods Family Services. He receives a speaking honorarium from PESI, Inc.

Non-financial: Kirby Reutter has no relevant non-financial relationship to disclose.

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Dialectical Behavior Therapy (DBT) Certificate Course

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- Use DBT flexibly, creatively and effectively
- Make this complex model work for a variety of clients
- Integrate DBT skills into individual and group therapy
- Take home many client resources and worksheets
- Practice diary cards and chain analysis protocols



This course counts towards the educational requirements when applying for Certification in Dialectical Behavior Therapy through Evergreen Certification Institute (EVGCI)

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Dialectical Behavior Therapy (DBT) is an empirically validated approach for working with mental health, chemical dependency, and complex co-morbidity. Designed to empower clients to establish mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness, DBT assists clinicians in treating clients with emotional problems, suicidal, self-harm, and self-sabotaging urges and behaviors, and challenging interpersonal styles.

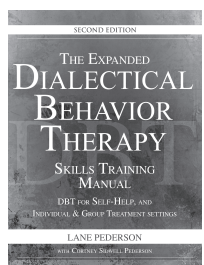
Attend this 2-day certificate course and receive a detailed understanding and foundation of the skills of Dialectical Behavior Therapy (DBT) as applied to clients with mental health and chemical dependency issues. Going beyond symptom management, these skills are designed to improve functioning to build satisfying lives.

This course explores DBT's theoretical basis, specific DBT interventions, and how to teach skills in individual and group settings. Familiarity with these skills and techniques along with experiential exercises will enhance your clinical skills and professional development.

Guided by the latest research and policy in evidence-based practices, this course teaches the clinical process and content of DBT from theory to practice. Going beyond prescriptive applications, this course shows you how to use essentials such as validation, dialectical strategies, communication styles, and the best ways of changing behaviors in order to effectively balance acceptance and change with your clients. Complete with education on user-friendly diary cards and chain analysis protocols, you will leave this seminar with increased DBT competency as well as many new tools including client worksheets to bring to your clinical practice.

This course meets the educational requirement when applying for Certification in Dialectical Behavior Therapy through Evergreen Certification Institute (EVGCI)

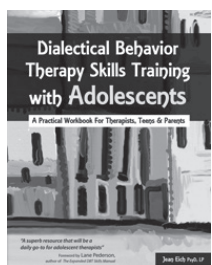
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The Expanded Dialectical Behavior Therapy Skills Training Manual, DBT for Self-Help and Individual & Group Treatment Settings, 2nd Edition

By Lane Pederson, Psy.D., LP

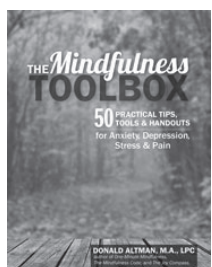
Beyond updates to the classic skills modules, clients and therapists will be enriched by added modules that include Dialectics, Cognitive Modification, Problem-Solving, and Building Routines as well as all-new, much-needed modules on addictions and social media. Straightforward explanations and useful worksheets make skills learning and practice accessible and practical for both groups and individuals.



Dialectical Behavior Therapy Skills Training with Adolescents: A Practical Workbook for Therapists, Teens & Parents

By Jean Eich, PSYD, LP

A comprehensive training manual filled with age-relevant skills explanations, examples, activities and applied worksheets for real-life situations. Separated into three easy-to-use parts; the therapist section focuses on practical DBT strategies and guidance to balance therapy with parents.



The Mindfulness Toolbox: 50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain

By Donald Altman MA, LPC

Featuring over 40 easy-to-use, reproducible handouts and expertly crafted, guided scripts - this book is ideal for clinicians wanting to integrate mindfulness into their work. The awareness boosting methods in this guidebook offer participants a means of reappraising and observing negative and anxious thoughts, habits, pain, and stress in fresh ways that produce new insight, positive change, and a sense of hope.

Target Audience:

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



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