



Integrating DBT in Clinical Practice

Presented by

Lane Pederson, PsyD, LP, DBTC

*LIVE INTERACTIVE WEBINAR Thursday & Friday, November 17 & 18, 2022
Thursday 9 a.m. - 4:15 p.m. ET Friday, 9 a.m.—4:15 p.m. ET*

Overview

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. This webinar will teach you DBT from theory to application with up-to-date, accessible teaching, experiential exercises, and video examples that emphasize evidence-based practice and therapeutic factors rather than rote adherence to a manual. In two days, therapists of all levels will learn DBT essentials to integrate into their own practice, to confidently practice from a DBT orientation, and to continue their own personal development as a DBT therapist. Grounding DBT into the contextual model of therapy, author and international speaker Lane Pederson, PsyD, LP, DBTC will show participants how to customize this empirically supported treatment across settings and populations to make it work for you and your clients.

Objectives: Participants will be able to:

- **Identify and practice mindfulness strategies to use with clients**
- **Describe the 4 standard DBT skills modules**
- **Identify how to develop skills plans for suicidal, self-injurious, addictive, and other problematic behaviors**
- **Identify standard and customized DBT practices**
- **Identify how to use treatment stages, the treatment hierarchy, and other therapy structures to manage the clinical process**
- **Describe fluid movement between validation and change strategies**
- **Identify the key differences between traditional cognitive interventions and DBT-style cognitive interventions**
- **Master DBT diary cards and chain (change) analysis**

Lane Pederson, PsyD, LP, DBTC

Dr. Pederson has provided DBT training and consultation to over 20,000 professionals in the United States, Australia, South Africa, Canada, Mexico, and the Middle East through his training and consultation company, Lane Pederson and Associates, LLC (www.DrLanePederson.com). Notable organizations he has trained for include Walter Reed National Military Hospital, the Federal Bureau of Prisons, the US Navy, the Canadian Department of Defense, 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's DBT publications include the award-winning *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). He also authored the best-selling *DBT Deck for Clients and Therapists* and the recently released *DBT Skills-Building Card Deck for Clients and Therapists*. 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 five clinic locations in Minnesota (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 also co-owns Acacia Therapy and Health Training in South Africa (www.acaciatraining.co.za) 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*.



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Audience

Human Service Professionals

- psychologists
- social workers
- licensed professional counselors
- school counselors and psychologists
- drug & alcohol counselors
- marriage & family therapists
- music therapists
- case managers
- psychiatric nurses
- rehabilitation counselors
- graduate students

AGENDA

Thursday, November 17, 2022
9 a.m.—4:15 p.m. ET

- **Foundations and Skills Training**
- **Core Assumptions of DBT & Skills Training**
- **Mindfulness**
- **Distress Tolerance, Emotion Regulation & Interpersonal Effectiveness**
- **Developing Skills Plans for Problem Behaviors**

Friday, November 18, 2022
9:00 a.m.—4:15 p.m. ET

- **DBT Interventions and Clinical Applications**
- **DBT in Practice:**
 - The Biosocial Model**
 - Structuring Therapy**
- **Validation**
- **Best Methods of Changing Behaviors**
- **Putting It All Together: Viewing a DBT Individual Session**

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Individual Early Registration (received by Oct 20)	\$275 per person
Two or more together at the same time (by Oct 20)	\$255 per person
Regular Registration (Oct 21 —Nov 11)	\$295 per person
Late Registration (No Registrations After Noon November 16)	\$320 per person

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