

Speaker

John Lothes, M.A., LPA, LCAS-A, is a licensed psychological associate in Wilmington, North Carolina. As a clinician, John was hired by Delta Behavioral Health in 2008 to help start up and run their Dialectical Behavioral Therapy based partial hospital program and a DBT-based substance abuse intensive outpatient program (SAIOP). Since 2008, John has provided supervision to interns that have been trained in the partial hospital program and the SAIOP, teaching them how to apply DBT skills to their therapy. John also incorporates DBT into his individual practice working with a number of disorders. John was introduced to DBT during his internship at the New Hanover County Behavioral Health Hospital, an inpatient facility where he eventually led DBT groups in both their inpatient partial hospital program and substance abuse program. While on internship, in August of 2004, John spent a week training on DBT with Dr. Linehan at the New England Education Institute in Cape Cod, MA.

John is a part-time faculty member at University of North Carolina Wilmington in the Department of Psychology and the Department of Health and Applied Human Sciences. He has published research on mindfulness and the cultivation of mindfulness in individuals. He continues to research mindfulness and is conducting research on DBT and the reduction of perceived suffering in partial hospital patients. John is also an Ed.D. candidate at the University of North Carolina Wilmington.

“DBT skills work, because I stole every one of them from evidence based treatment. The overwhelming amount of data coming in shows us that skills work.”

*-Marsha Linehan, Ph.D.
ABCT 46th Annual Convention 2012*

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8:00 Program begins

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

4:00 Program ends

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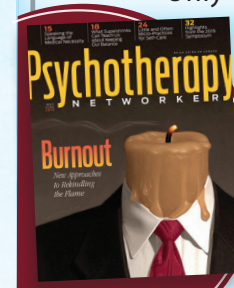
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2016 2-Day DBT Conference

DAY 1 Dialectical Behavior Therapy:
Basics and Beyond

DAY 2 Advancing Your Dialectical
Behavior Therapy Practice

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ANCHORAGE, AK
Thursday, February 25, 2016
Friday, February 26, 2016

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DAY 1 Dialectical Behavior Therapy: Basics and Beyond

DAY 2 Advancing Your Dialectical Behavior Therapy Practice

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.

Day One provides 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 seminar 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.

- Make this complex model work for a variety of clients
- Build a foundation of DBT competency
- Learn the process and content of this evidence-based treatment
- Take home many client resources and worksheets
- Integrate DBT skills into individual and group therapy
- Use case examples as a guide for effective application of skills in clinical situations

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

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 DBT skills into your individual and group therapy.
4. Apply DBT skills to mental health, chemical dependency, and complex co-morbidity.
5. Identify additional tools and resources for implementing DBT.
6. Give examples of a variety of strategies for teaching DBT skills.

Guided by the latest research and policy in evidence-based practices, Day Two teaches the clinical process and content of DBT from theory to practice. Going beyond prescriptive applications, this seminar 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.

- Use DBT flexibly, creatively and effectively
- Learn DBT "inside-out" from theory to application
- Apply DBT to many clinical presentations across settings
- Practice streamlined diary cards and chain analysis protocols
- Take home client worksheets and other resources

Outline

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. Create an effective DBT clinical process.
2. Apply DBT to a variety of clinical presentations.
3. Implement DBT in different formats and settings.
4. Practice streamlined diary cards and chain analysis.
5. Balance levels of validation with the most effective behavior change methods.
6. Develop a plan to increase your DBT competency.

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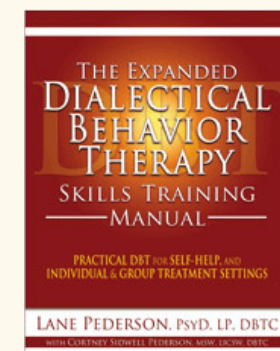
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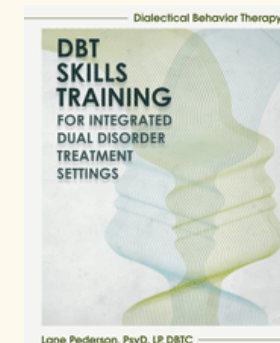
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By Lane Pederson, Psy.D.

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.



DBT Skills Training for Integrated Dual Disorder Treatment Settings

By Lane Pederson, Psy.D.

This book by Dr. Pederson outlines the acceptance-based philosophies of DBT with straightforward guidelines for implementing them in Integrated Dual Disorder Treatment (IDDT) settings along with comprehensive explanations of DBT skills tailored for those with dual disorders. This clearly written and practical skills manual is an invaluable resource for those who conduct dual disorder treatment and their clients.

QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com.

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