

## Averting the Crisis: Coaching in DBT®

*Effective behavioral principles and coaching strategies for parents, line staff and loved ones.*

*An Online Video-based Course with Annie McCall, MA, LMHC*

Everyone in a client's life has potential to be a coach for new behavior. When in Dialectical Behavior Therapy (DBT), clients attend skills training group that teaches them new behaviors designed to help them regulate their emotions, their relationships and tolerate crises and stress. When emotions go up, often those new skills are hard for clients to access. Coaches help to remind DBT participants of the new behaviors in the heat of the moment. Whether you are a parent, loved one, line staff in a residential facility, nurse in an inpatient unit, case manager, correctional or parole officer, or a psychiatrist, your role in helping transfer what is learned in a DBT skills group into day to day life is critical. Effective coaching helps everyone because it decreases crises and stress on the client and his or her environment.

This course is designed to help line staff, family members, educators, anyone in DBT clients' lives, to quickly and effectively coach them in the moment.

The course will include:

1. specific teaching on DBT skills that can be used efficiently;
2. principles that increase the chance that your DBT client will respond to the coaching; and
3. a clear, concise method of coaching new behavior.

Online access allows participants to be flexible in when they attend the class. Each lesson will have materials and practices between classes.

### DATES & TIMES:

Week 1	Skills: Why Skills? Core Mindfulness
Week 2	Skills: Distress Tolerance
Week 3	Skills: Emotion Regulation
Week 4	Skills: Interpersonal Effectiveness
Week 5	Middle Path: Behavioral Principles
Week 6	Middle Path: Behavioral Principles, cont.
Week 7	Middle Path: Validation
Week 8	Middle Path: Dialectics
Week 9	Coaching: How to Coach Using FAVOR
Week 10	Coaching: How to Coach Using FAVOR, cont.
Week 11	Coaching: Practice / When to Coach What
Week 12	Coaching: What to do When it Falls Apart

**COURSE OBJECTIVES:**

Following this course, participants will be able to:

1. Identify the behavioral skills that would be helpful to DBT clients in the moment.
2. Explain at least one skill each from the Core Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness modules.
3. Use positive and negative consequences to respond and change others' behaviors.
4. Decrease emotions in yourself and others with validation.
5. Avoid conflict with dialectics.
6. Effectively coach your DBT client (and others).

**TUITION & REGISTRATION:****Regular rate:**

Tuition for the full course is \$50 (USD) per person.

**Registration:**

Register online at [www.ticllc.org](http://www.ticllc.org) / Registration. Pay by credit card, PayPal or check (you do not need to have a PayPal account to pay online, just choose guest checkout to use a credit card or choose send a check payment method).

Checks payable to: Treatment Implementation Collaborative, LLC  
Mail to: 6327 46<sup>th</sup> Avenue SW, Seattle, WA 98136

**ABOUT THE INSTRUCTOR:**

**Annie McCall, MA, LMHC** began training in DBT as a graduate student at New York University in 1999. Since receiving her Masters degree in 2000, she has continued to develop her skills as a DBT practitioner, and has trained directly with DBT treatment developer Marsha Linehan, Ph.D. at the University of Washington. She has served as a DBT research therapist in three clinical trials at the Behavioral Research and Therapy Clinic, Dr. Linehan's research lab. She has a private practice in the Seattle area offering individual DBT and other cognitive behavioral treatments to adolescents and adults. She is the co-founder of Youth and Family DBT of Seattle, which offers multi-family DBT skills groups and parent coaching workshops. She specializes in exposure treatment for PTSD and other anxiety disorders.

In addition to her clinical work, McCall trains clinicians in the use of DBT as a contractor and consultant. She trained for Behavioral Tech, LLC from 2009 – 2012 and is now working with the Treatment Implementation Collaborative, LLC. She is a Washington State licensed mental health counselor.

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If you have questions about registering for this course or about using WebEx, please contact Cindy Best at [cbest@ticllc.org](mailto:cbest@ticllc.org) or (206) 251-5157.

If you have questions about this or other training opportunities or would like to have TIC come on site for training or consultation, please contact Helen Best at [hbest@ticllc.org](mailto:hbest@ticllc.org) or (206) 251-5134.

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