

Advanced Topics in Dialectical Behavior Therapy: Creating High Fidelity, Effective Consultation Teams[®] 4-hour On-demand Course with Shari Manning Ph.D.

Consultation team is an integral and mandatory piece of DBT, yet teams often inadvertently use team time to problem solve client issues instead of therapist issues. DBT team is referred to as “therapy for the therapist” and is designed to decrease burnout and increase adherence to DBT, however, many teams struggle with the distinction between doing traditional treatment planning, consultation team meetings, and personal therapy to increase clinician effectiveness. TIC consults with over 100 teams internationally and even the most advanced have the same issue: “How do we move away from talking solely about the client and actually treat the therapists?”



This course consists of two 2-hour classes. The first class focuses on assessing the fidelity of teams. The second class focuses on assessing individual team behavior. The course will conclude with teaching on dealing with conflict on the team.

This online course will use Power Point, white board, practice and homework to strengthen DBT consultation teams.

This course was offered live and recorded in April 2020.

Topics for the Course Include

Week One:

1. Assessing Your Team
2. Consultation Team Roles
3. Do You Need a Consultation Team Leader?
4. Consultation Team Agenda
5. Therapy for the Therapist v. Consultation Team
6. Using Dialectics on the Consultation Team
7. HW: Assessing Your Team

Week Two:

1. Assessing Your Team Behavior
2. Assessing Your Use of the Consultation Team Agreements
3. Presenting a Client Issue on Team
4. Effective Use of Therapy for the Therapist
5. When There is Conflict on a Team
6. Moving Forward with a Commitment to Change a Team Behavior

Course Objectives

Following this four-hour training, participants will be able to:

1. List the roles in consultation team
2. Define the tasks of a consultation team leader
3. Create a consultation team agenda

4. Describe how dialectics are used in team
5. Introduce a topic for team
6. Describe how to address conflict when it occurs on team

About the Instructor

Dr. Manning is the Chief Executive Officer and one of the three founders of TIC. She is also the founder of the South Carolina Center for Dialectical Behavior Therapy (now the SC Center for DBT, LLC), a private practice that offers standard outpatient and intensive DBT treatment for adults and adolescents. She has supervised therapists at the Behavioral Research and Therapy Clinics at the University of Washington and the University of South Carolina as well as training and supervising therapists and programs at the SC Department of Mental Health and SC Department of Corrections. Dr. Manning consults extensively to state and private mental health programs, domestically and internationally, at all levels of client care, including forensic and criminal justice settings. Her research includes investigations of the efficacy of DBT with incarcerated women with borderline personality disorder (BPD) and with adult women with co-morbid BPD and eating disorders. Dr. Manning has written several published chapters and articles on DBT and its implementation. Her book for family members, *Loving Someone with Borderline Personality Disorder: How to Keep Out-of-Control Emotions from Destroying Your Relationship* was published in 2011 by Guilford Press.

Dr. Manning has been leading DBT consultation teams since 1993 and has been a member of the consultation teams at Linehan's Behavioral Research and Therapy Clinics. She is currently working with consultation teams around the world to strengthen their team process.

Dr. Manning is a Certified DBT Clinician by the DBT-Linehan Board of Certification (November 2015).

Registration & Tuition

Individuals: \$100 per person (USD)

Groups 3+: \$75 per person (USD)

Use coupon code "GroupTeam3" at checkout. Groups must register and pay together on one payment. Please include the name and email for each participant.

Register online at <https://www.ticllc.org/registration.html>.

Payment options: Credit card, PayPal or check (you do not need to have a PayPal account to pay online, just choose "guest checkout").

CEU Information

Participants who pass the post training quiz with a score of 80% or higher, will receive their choice of a letter of completion for **DBT-LBC continuing education hours** or **APA credit**.

Treatment Implementation Collaborative, LLC (TIC) is approved by the American Psychological Association to sponsor continuing education for psychologists. TIC maintains responsibility for this program and its content.

APA Letters of Participation will be emailed to individuals who participate in 100% of the 4 hours of live instruction.

If you have questions about registering for this course or about using WebEx, please contact Cindy Best at cbest@ticllc.org.

TIC is not responsible for any presenter's or participant's statements, acts, materials or omissions. The use of audio/video recording is not permitted at any training. TIC reserves the right to cancel the training or change the instructors and content at our sole discretion.

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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 or (206) 251-5134.

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