

# Jump Start in Dialectical Behavior Therapy<sup>®</sup> ONLINE

**Dates:** January 11, 13, 15, 18, 20, 22, February 1, 3 & 5, 2021  
9, 3.5-hours sessions  
29 contact hours

**Instructor:** Shari Manning, Ph.D.

**Location:** Online via Zoom

**Tuition:** \$1250 per person  
\$1000 per person if paid by November 30, 2020  
\$1000 per person for groups of 2+



**FREE BONUS:** Your registration includes the following:

1. *Master Class: Core Skills in DBT<sup>®</sup>* – 16-hours on-demand (access from registration – July 2021)
2. *Back into the Book: CBT of BPD<sup>®</sup>* – 15-hours on-demand (access from registration – July 2021)

## ***The Jump Start in Dialectical Behavior Therapy<sup>®</sup> - 29-hours live instruction online***

The Jump Start in DBT<sup>®</sup> is specifically designed to support practitioners in learning to deliver the evidence-based model of DBT. It will teach participants how to understand the treatment, how to conceptualize a case, and how to apply principles of DBT in individual therapy, skills training, milieu- or telephone-based coaching, and in consultation teams. This training is principally designed to support existing teams in training new therapists (individual therapists, skills trainers, prescribers, coaches and case managers). The Jump Start in DBT may also be used as a refresher training for previously trained DBT therapists who are beginning the certification process for DBT Certified Individual Therapist ([www.dbt-lbc.org](http://www.dbt-lbc.org)).

The Jump Start in DBT curriculum emphasizes case-based learning (clinical examples) and experiential learning (role plays, exercises and homework) to support the individual and team in developing the capabilities necessary to complete [Certification as a DBT therapist\\*](#). Because DBT is a team-based treatment and anyone providing any mode of DBT is required to be on a consultation team, part of the training will include how to be an effective DBT consultation team member. The goal of this course is to develop effective practitioners and sustainable programs by training practitioners to expand teams or replace therapists on existing teams.

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## 1. COURSE DESCRIPTION

Dialectical Behavior Therapy (DBT, Linehan, 1993) is a comprehensive treatment that balances principles of acceptance (mindfulness) and change (behaviorism). It is a systematic cognitive-behavioral approach to working with individuals with severe dysfunctional behaviors, especially those with chronic patterns of emotion dysregulation and suicidal behavior. DBT has been applied to a wide array of populations including children and adolescents. Research supports its use to target suicidality, treatment drop out, hospitalization, behavioral dyscontrol, substance use disorders, eating disorders, treatment resistant depression in the elderly its application with highly dysregulated couples and families.



The Jump Start in DBT curriculum emphasizes case-based learning (clinical examples) and experiential learning (role plays, exercises and homework) to support the individual and team in developing the capabilities necessary to complete Certification as a DBT therapist. Because DBT is a team-based treatment and anyone providing any mode of DBT is required to be on a consultation team, part of the training will include how to be an effective DBT consultation teams.

Each training session will include 3.25 hours of training and a 15-minute break. The instructor will augment PowerPoint presentations, case examples and handouts with role plays and practices conducted in Zoom Break-Out Rooms. There will be homework that can be completed with clients or others between each session of the course.

## 1. COURSE SCHEDULE

*NOTE both United States Eastern Times (ET) and Pacific Times (PT) are listed.*

<b>Session #</b>	<b>Topic</b>	<b>Contact Hours</b>
<u>Session 1</u>	Introductions/Orientation	.50
January 11 (Mon)	Introduction to Mindfulness/Practice	.50
1pm - 4:30pm ET	Dialectics and Dialectical Strategies	.50
10am - 1:30pm PT	Break 15 minutes	
	Communication Strategies	.50
	Case Management Strategies	.50
	Biosocial Theory	.75
	session total	3.25
<u>Session 2</u>	Mindfulness	.25
January 13 (Wed)	Homework Review	.50
1pm - 4:30pm ET	Structure of DBT: Populations and Modes	1.00
10am - 1:30pm PT	Break 15 minutes	
	Assumptions about Clients and Treatment	.75
	Structure of DBT: Agreements, Stages and Targets	.75
	session total	3.25
<u>Session 3</u>	Mindfulness	.25
January 15 (Fri)	Homework	.50
1pm - 4:30pm ET	Acceptance Strategies: Validation	1.25
10am - 1:30pm PT	Break 15 minutes	
	Bringing a Client into Treatment (Pre-treatment)	1.25
	session total	3.25

<u>Session 4</u> January 18 (Mon) 1pm - 4:30pm ET 10am - 1:30pm PT	Mindfulness	.25
	Homework	.50
	Structuring Individual Therapy Sessions and Targeting	1.25
	Break 15 minutes	
	Change Strategies: Introduction to Behavioral Strategies	1.25
	session total	3.25
<u>Session 5</u> January 20 (Wed) 1pm - 4:30pm ET 10am - 1:30pm PT	Mindfulness	.25
	Homework	.50
	Road Map of DBT	.25
	Behavioral Assessment	.50
	Break 15 minutes	
	Intro to Behavioral Chain Analysis with Demonstration	1.00
	Chain Practice #1	.75
session total	3.25	
<u>Session 6</u> January 22 (Fri) 1pm - 4:30pm ET 10am - 1:30pm PT	Mindfulness	.25
	Homework Review	.50
	Chain Practice #2	.75
	Break 15 minutes	
	Missing Links Analysis	1.00
	Generating Hypotheses	.50
	Introduction to Solutions	.25
session total	3.25	
<u>Session 7</u> February 1 (Mon) 1pm - 4:30pm ET 10am - 1:30pm PT	Mindfulness	.25
	Homework Review	.50
	Solution Analysis: Problem Solving	.50
	Break 15 minutes	
	Solution Analysis: Exposure	.75
	Solution Analysis: Skills and Coaching	.75
	Solution Analysis: Cognitive Modification	.50
session total	3.25	
<u>Session 8</u> February 3 (Wed) 1pm - 4:30pm ET 10am - 1:30pm PT	Mindfulness	.25
	Homework Review	.50
	Solution Analysis: Contingency Management	.75
	Break 15 minutes	
	Behavioral Strategies; Orienting, Didactic Suicide Assessment and Interventions	.50 1.25
session total	3.25	
<u>Session 9</u> February 5 (Fri) 1pm - 4:15pm ET 10am - 1:15pm PT	Mindfulness	.25
	Treating Behaviors that Interfere with Treatment	.75
	Secondary Targets	1.00
	Break 15 minutes	
	Consultation Team	1.00
	session total	3.00
	What Next? (not for CE)	

## 2. COURSE OBJECTIVES

Following this training, participants will be able to:

1. Lead Mindfulness Practice;
2. Explain the assumptions of clients and therapy in DBT;
3. Discuss the therapist and client agreements in DBT;
4. List the modes of DBT and their functions;
5. Describe the structure of Comprehensive;
6. List the parts of a DBT individual therapy session
7. Explain the biosocial theory in DBT;
8. List the tasks in the first four sessions (Pre-Treatment) of DBT;
9. List the levels of validation;
10. Create an agenda for an individual therapy session
11. List the targets in DBT;
12. Conduct a behavioral assessment to define problem behaviors;
13. Define the variables in a behavioral chain analysis (vulnerability factors, prompting event, links, problem behavior, consequences);
14. Conduct a behavioral analysis of problem behaviors;
15. Create a hypothesis with the controlling variables of a behavior;
16. Demonstrate contingency management with a client;
17. Utilize informal exposure with an individual client;
18. Explain the difference between behavioral chain analysis and missing links analysis;
19. Explain the problem-solving strategies and how to use them;
20. Demonstrate commitment strategies with one client;
21. Conduct a suicide risk assessment;
22. Create an effective treatment plan to utilize the suicide protocol;
23. Describe the communication strategies in DBT;
24. Explain the case management strategies and how they are used;
25. List the dialectical strategies and when they should be implemented;
26. List the six secondary targets in DBT;
27. Describe the structure of an effective DBT consultation team;
28. Conduct consultation team.



## 3. WHO SHOULD ATTEND

Jump Start in DBT is designed for any practitioners new to DBT, those who wish to form joint teams and/or wish to work toward the training requirements for DBT Certification. For more information on the training requires for certification see: Eligibility Requirements under the Certification Tab/Clinician Certification Information at [www.dbt-lbc.org](http://www.dbt-lbc.org). Please note that this the only official site for DBT Certification.

We always find that those who get the most out of our courses are those who have met the course requirements listed below... and we've made it easier for you by giving you free access to *Back into the Book: Cognitive Behavioral Treatment of BPD*®. Start reading today!

#### 4. COURSE PREREQUISITES

It is expected that all participants have read the following books:

1. Linehan, M. M. (1993a). Cognitive Behavioral Treatment of Borderline Personality Disorder. New York: Guilford Press.
2. Linehan, M. M. (2015). DBT Skills Training Manual. New York: Guilford Press.
3. Linehan, M. M. (2015). DBT Skills Handouts and Worksheets. New York: Guilford Press.

We always find that those who get the most out of our courses are those who have met these requirements.

#### 5. TUITION & REGISTRATION

**Regular Rate:** \$1250 (USD) per person.

**Early Rate:** \$1000 (USD) per person (save \$250 per person).

To qualify for the early payment rate, tuition must be received in full by November 9, 2020. Use code “EarlyJump21” at checkout.

**Small Groups (2-4):** \$1000 (USD) per person (save \$250 per person).

To qualify for the group payment rate, 2-4 individuals must register and pay in a single transaction. Use code “GroupJump21” at checkout.

**Large Groups (5+):** If you have a group of 5+ please contact Helen Best (206) 251-5134 or [hbest@ticllc.org](mailto:hbest@ticllc.org) for special rate. Large group registrations must be paid by check.

**Registration:**

Register online at [www.ticllc.org](http://www.ticllc.org) and click on Trainings & Events. Pay by credit card, PayPal or check. Checks payable to: Treatment Implementation Collaborative and mailed to: 6327 46th Avenue SW, Seattle, WA 98136. Registration is not guaranteed until full payment is received. Once payment is received, participants will receive access to the bonus on demand courses.

**Refunds & Substitutions:**

If you need to substitute a colleague to take your place or cancel a registration, please contact TIC at [cbest@ticllc.org](mailto:cbest@ticllc.org) no later than December 30, 2020. We will refund your registration fees, minus \$250 (USD) – we understand that life happens when you are making other plans and we want to be accommodating. No substitutions or refunds will be made once the course begins.

#### 6. CONTINUING EDUCATION

This course is 29 hours. 100% participation is required to receive any credit. No partial credit will be given for any reason. In order to document participation in this live online course, each participant will be provided their own invitation to attend each session. At the conclusion of the course, each participant will be required to complete an Attestation that they attended 100% of each training session.

**Social Workers**

This program is Approved by the National Association of Social Workers (Approval #886610910-6611) for **29** continuing education contact hours.

### National Certified Counselors

*Jump Start in Dialectical Behavior Therapy® Online* has been approved by NBCC for NBCC credits. Treatment Implementation Collaborative, LLC is solely responsible for all aspects of the program. NBCC Approval No. SP-3500. **25.25** NBCC hours.

### Psychologists

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 credit will be provided upon completion of the course. 100% participation is required in order to receive any credit. No partial credit will be given. Record of your participation will be documented in on the sign-in and sign-out sheets. **29** APA hours.

## 7. INSTRUCTOR

**Dr. Shari Manning** is the Chief Executive Officer and one of the three founders of the Treatment Implementation Collaborative, LLC. 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. Dr. Manning has implemented DBT in outpatient community mental health, partial hospitalization programs, intensive outpatient programs and inpatient settings. 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 is a DBT Linehan Board of Certification-Board Certified Clinician and has been leading DBT consultation teams since 1993. She is currently working with consultation teams around the world to strengthen their team process.

## 8. BONUS COURSES INCLUDED

Access from registration – July 2021. If you are new to DBT, you may want to start these before the training.

### **Master Class: Core Skills in DBT® - 16-hours on-demand**

(No CE hours available for this course)



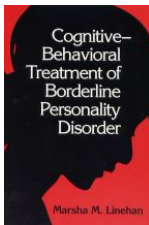
Annie McCall provides helpful tips for using the two skills training manuals (DBT Skills Training Manual, 2<sup>nd</sup> Edition and DBT Skills Training Handouts and Worksheets, 2<sup>nd</sup> Edition). She provides demonstrations, examples and practices for the skills as well as potential pitfalls in teaching the skills. This first 12 hours is practical material for anyone who will be teaching, coaching or utilizing skills with clients (individual psychotherapists, skills trainers, case managers, coaches, prescribers). The first 2 hours of the Part Two teach how to set up a group, get clients oriented to skills training group, explain the group guidelines/rules and

how to assign homework. The second 2 hours demonstrates how to conduct homework review in skills training and how to treat behaviors that interfere with group as well as behaviors that threaten to destroy the group. Core Skills in DBT® will provide 16 hours that may be used toward the 40 hours of training required for DBT certification ([www.dbt-lbc.org](http://www.dbt-lbc.org)). Clinicians who have attended or plan to attend our 29-hour *5-Day Jump Start in Dialectical Behavior Therapy*® can use these 16 hours toward certification as well as a means to learn Skills Training that is not covered in detail in the Jump Start. This course is \$100 if purchased separately from the Jump Start.

*\*Certification as a DBT therapist – please review [www.dbt-lbc.org](http://www.dbt-lbc.org) for more information on requirements for certification.*

### **Back into the Book: Cognitive Behavioral Treatment of BPD® - 15-hours on-demand**

(No CE hours available for this course)



A book study of the manual for DBT, *Cognitive behavioral of borderline personality disorder* (Linehan, 1993). All clinicians who are providing DBT are required to read the treatment manual for DBT. The manual is complex and includes all of the strategies and protocols for DBT. Participants will receive access to the book study in which Shari Manning, PhD reviews each chapter in the manual, pointing out important principles as well as the changes that have been made in the treatment since the manual was published in 1993. Included in each book study is a video and a written outline for each chapter. This book study is \$150 if purchased separately from the Jump Start.

## 9. REVIEWS

Our multiple day trainings have always been delivered in-person... until the COVID-19 Pandemic when we moved these trainings online. We were skeptical about how this would work for us and for our customers and participants. We are thrilled to say, for *most* people it works very well! We offered our first *Jump Start in DBT- online* in August... here are some comments from participants of that training.

Note: We always find that those who get the most out of our courses are those who have met the [course requirements](#).

- *Great online format! Splitting the workshops up made this conducive to learning online and allowed for time to practice between meetings. I enjoyed this style of learning.*
- *This was a life-changing workshop for me. Dr. Manning is such a compassionate, engaging, and skilled clinician and instructor. It was also really valuable to learn from and interact with other more skilled DBT clinicians since I'm just starting out.*
- *This workshop was very informative. The DBT model is being used on purpose with purpose. I've already informed previous colleagues that work in other organizations how beneficial this would be for their clinical team. Thank you!!*
- *I loved the training. Not a fan of Zoom, but you made it work.*
- *I thought Shari was amazing and real. I have sat through many trainings to which it was difficult to engage with the trainer.*
- *I think overall this was a great training, and especially having to change it from in person to online! You all really pulled it together and were attentive to questions and all of us as individuals. It felt warm and supportive - which is no small task being online with so many people.*

- *I am so grateful to have had the opportunity to have learned DBT from Shari. With Helen's reliable support, Shari made the shift from in person to online seamless. Her presentations were always engaging and she was incredibly articulate and generous in sharing her expertise. I enjoyed her sense of humor, and so appreciated the ways she masterfully helped ME manage my emotions as I approached my DBT learning. She was very understanding in answering questions and/or clarifying the content of the slides. Occasionally, I wished some of the slides were broken up so additional information could have been included (e.g., dialectical strategies), but generally the slides were VERY helpful. The breakouts offered the chance to practice skills, and get to know other attendees. I particularly liked the breakouts that focused on reviewing diary cards and chain analyses! Generally, the pacing was effective, with the exception of the last day. It felt a little rushed and I wished we had more time to spend on individual therapist suicide interventions. In general, this Jump Start in DBT was invaluable and I will be forever grateful to Shari for starting me on my journey in mastering these skills. THANK YOU!!!!*
- *I really enjoyed taking this course online and the ability to balance the training with my everyday life and clinical schedule. I was fortunate to come into the program with a good understanding of DBT as I have been practicing DBT for over one year and this program enhanced my confidence/understanding/application of DBT substantially. Shari was great - love her stories, warmth, and passion for DBT. The breakouts were helpful to hear other people's perspectives and experience.*
- *Thank you so much! I feel like although I am still so new to DBT and have a lot to learn, this was indeed a great jump start into learning more about the clinical practice and how to apply these skills. It meant a lot to be able to participate in this training, thank you for hosting despite the community health issues at hand. I thought it went really well on zoom!*
- *It felt a little advanced. Having the instructions for the breakout rooms in the chat would be helpful. Over all the presenter was very knowledgeable and I enjoyed learning from her. Thank you!!*
- *This training format allows for time to implement interventions a bit at a time, which feels good for me since I learn best by applying principles and techniques.*
- *Shari is extremely knowledgeable and I love the way she presents this info. I have been working with DBT for years and I still am learning a lot from this training.*
- *I like the fact we were able to download the power points and follow as she presented. I like how she was able to meet most of us where we were pertaining to being new to DBT and explaining it so that we understood. She was not rushing or irritated with the questions. I actually liked how we were able to split up and engage by small group for discussion. I met some new people.*
- *I liked the pace of the training. The 3-hour block is very doable with breaks. Breakout sessions and Shari attending to questions makes the learning more interactive and less fatigue-inducing.*
- *Absolutely amazing! You are so organized and zoom fantastic!*

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*TIC is not responsible for any presenter or participant 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.*

Treatment Implementation Collaborative, LLC (TIC) 6327 46th Avenue SW, Suite 1A, Seattle, WA 98136. (206) 251-5134. [www.ticllc.org](http://www.ticllc.org)

If you have questions about registering for this course please contact Cindy Best at [cbest@ticllc.org](mailto:cbest@ticllc.org) or (206) 251-5157. If you have questions about other training opportunities or having us come on site for Implementation training, please contact Helen Best at [hbest@ticllc.org](mailto:hbest@ticllc.org) or (206) 251-5134.