

Understanding Effective Supervision/Consultation in DBT[®]

3-hour Course with Shari Manning, Ph.D.
On Demand

Course Description

Dialectical Behavior Therapy (DBT) is a complex treatment and therefore is effortful for most to learn. Although training is sufficient for getting basic through advanced learning (skill acquisition with some strengthening), supervision or consultation is the mechanism through which most therapists generalize skills learned to their actual therapy sessions.

There are many types of supervisors/consultants, and many ways of doing supervision/consultation, which, in many settings, can lead to confounding roles and a lack of clarity with goals. The distinctions between administrative, clinical and treatment specific supervision often gets conflated with consultation and consultation team in DBT. This online course addresses some of the issues that arise in DBT supervision/consultation across all contexts. The course will describe different processes for using supervision/consultation as well as how to choose consultants and formats for consultation.

Topics for the Course Include

Week 1:

- Supervision/consultation as a function of DBT
 - Legalities of supervision versus consultation
- Supervision versus consultation: defining your role
- Types of supervisors
- Types of supervision/consultation
- Dialectics of supervision/consultation

Week 2:

- Getting informed consent
- Processes of effective supervision/consultation
- When the team and the consultant disagree
- Vetting a consultant for your team

Course Objectives

Following this online course, participants will be able to:

1. Explain the difference between a supervisor and a consultant in different contexts
2. Describe the dialectical tensions that arise in supervision/consultation
3. Create an informed consent for videotaping for supervision/consultation
4. Describe their process for utilizing supervision/consultation effectively

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: \$75 per person (USD)

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").

Checks payable to: Treatment Implementation Collaborative

Mail checks to: Treatment Implementation Collaborative, 6327 46th Avenue SW, Seattle, WA 98136

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

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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.

Treatment Implementation Collaborative, LLC (TIC)

6327 46th Avenue SW, Suite 1A, Seattle, WA 98136

www.ticllc.org

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