

## Treating Emotional Avoidance in Stage 1 DBT: Using Informal Exposure Strategies<sup>®</sup>

Dates: July 13-15, 2022

Times: 1:00pm – 4:15pm (ET)  
12:00pm – 3:15pm (CT)  
10:00am – 1:15pm (PT)

Instructor: Shari Manning, Ph.D.

Location: Online via Zoom

*9 hours of live online DBT training*



### 1. **COURSE DESCRIPTION**

In the treatment manual for Dialectical Behavior Therapy (DBT), Marsha Linehan (1993) described Dialectical Behavior Therapy as an exposure-based treatment. Conceptually, people who have high emotion sensitivity and emotional intensity learn to avoid emotion. In DBT clients, the behaviors that are targeted in treatment (life threatening, therapy interfering and quality of life interfering behaviors) are often the avoidance behaviors of uncomfortable emotions. Providing DBT requires that the therapist identifies cues for emotional avoidance and exposes clients to those cues while blocking avoidance behaviors. Harned (2014) has developed exposure based DBT-PE (prolonged exposure) to target symptoms of PTSD in Stage 2 of DBT. However, in order to transition from Stage 1 to Stage 2, clients often need exposure-based interventions to decrease life threatening and extreme quality of life interfering behaviors, make progress towards lives worth living and develop skills for emotional experiencing.

Exposure based principles are used in several ways in DBT. First, because shame is an emotion that drives many of the behaviors targeted in DBT, coming to therapy, completing a diary card, participating in behavioral chain analyses and solution analyses are exposure to shame. Exposure is used to address in-session dysfunctional behaviors. Second, once assessment is completed and controlling variables for problem behaviors are determined, the DBT individual psychotherapist may need to do informal exposure to an emotion link or a vulnerability factor that leads to a problem behavior. Third, in DBT Stage 1, clients are asked to collaboratively define, with their therapists, their Life Worth Living Goals (LWLG's). The targets and interventions in DBT are focused on moving clients towards these LWLG's. Many DBT clients want to reach their LWLG's but have patterns of avoiding engaging in behaviors that would move them to their goals. Informal exposure principles are used as one approach to achieving LWLG's. DBT therapists help clients to develop an exposure lifestyle which is one in which people actively engage in meaningful behaviors even when emotion (fear, shame, guilt) would interfere. Finally, exposure principles are used in the DBT consultation team to address emotion intensity and/or avoidance in the therapists providing DBT.

This 9-hour virtual course will describe the principles of exposure used in Stage 1 DBT. There will be demonstrations and practices in conducting in-session exposure, exposure as a solution for problem behaviors, exposure for experiential avoidance and conducting exposure with colleagues on the DBT consultation team.

## 2. COURSE OBJECTIVES

Following this training, participants will be able to:

- Lead mindfulness practices related to exposure;
- Explain the rationale for exposure;
- Demonstrate orienting skills for exposure;
- Conduct in-session exposure for emotional avoidance;
- Assess avoidance behaviors in clients;
- Conduct imaginal exposure for solutions to problem behaviors;
- Determine behavioral homework for exposure practices;
- Describe the FREE skill for creating an exposure lifestyle;
- Construct a hierarchy for exposures to experiential avoidance;
- Conduct exposure on a member of their consultation team.

## 3. COURSE SCHEDULE

Dates / Times	Topic	Minutes
<b>Day 1: July 13, 2022</b> 1:00pm – 4:15pm ET 12:00pm – 3:15pm CT 10:00am – 1:15pm PT	Mindfulness Practice for Exposure	15
	Introductions/orientation to Training	15
	Introduction to Exposure <ul style="list-style-type: none"> <li>• Why Exposure?</li> <li>• Why Exposure in DBT?</li> </ul>	30
	Basic Principles in Exposure <ul style="list-style-type: none"> <li>• Cue Exposure</li> <li>• Responsive Prevention</li> </ul>	30
	<i>15 Minute Break</i>	
	Basic Principles in Exposure (continued) <ul style="list-style-type: none"> <li>• SUDs</li> <li>• Time and Intensity</li> <li>• When to End Exposure</li> </ul>	60
	3 Types of Exposure in Stage 1 <ul style="list-style-type: none"> <li>• In-session Exposure</li> <li>• Exposure as a Solution</li> <li>• Treatment of Experiential Avoidance</li> </ul> Orienting Clients to Exposure	30
	Total	180

<b>Day 2: July 14, 2022</b> 1:00pm – 4:15pm ET 12:00pm – 3:15pm CT 10:00am – 1:15pm PT	Mindfulness Practice for Exposure	15	
	Using Exposure for In-session Behaviors <ul style="list-style-type: none"> <li>• When to Use</li> <li>• Orienting the Client</li> <li>• Principles of In-session Exposure</li> <li>• Demonstration</li> <li>• Practices</li> </ul>	75	
	<i>15 Minute Break</i>		
	Using Exposure in Solution Analysis <ul style="list-style-type: none"> <li>• Overview</li> <li>• Orienting the Client</li> <li>• Setting up the Exposure               <ul style="list-style-type: none"> <li>○ Determining the Cue</li> <li>○ Presenting/Not Withdrawing the Cue</li> <li>○ Blocking Avoidance</li> </ul> </li> <li>• Timing</li> <li>• Recording Exposure</li> <li>• Exposure Homework</li> </ul>	60	
	Demonstration Practices	30	
	Total	180	
<b>Day 3: July 15, 2022</b> 1:00pm – 4:15pm ET 12:00pm – 3:15pm CT 10:00am – 1:15pm PT	Mindfulness Practice for Exposure	15	
	Using Exposure in Solution Analysis (continued)	15	
	Treating Experiential Avoidance <ul style="list-style-type: none"> <li>• Purpose</li> <li>• Time v. Repetition</li> <li>• Creating a Mini-in vivo Hierarchy</li> <li>• Preference v. Avoidance</li> <li>• Shame v. Fear</li> </ul>	60	
	<i>15 Minute Break</i>		
	When Clients Don't Do Exposure Homework	15	
	Creating an Exposure Lifestyle: The Free Skill	15	
	Doing Exposure on Consultation Team <ul style="list-style-type: none"> <li>• As Practice</li> <li>• As Homework</li> <li>• Demonstration</li> </ul>	45	
	Final Q & A	15	
	Total	180	
	Grand Total: 540 minutes / 9 hours		

#### 4. COURSE PREREQUISITES

This course is designed for clinicians who have been trained and are actively practicing DBT. This course will not teach the basics of DBT.

## 5. TUITION & REGISTRATION

**Regular Rate:** \$250 (USD) per person.

**Early Rate:** \$225 (USD) per person (save \$25pp)

To qualify for the early payment rate, tuition must be received in full by May 31, 2022.

**Small Groups (2-4):** \$250 (USD) per person (save \$25 pp).

To qualify for the group payment rate, 2-4 individuals must register and pay in a single transaction. Use code “GroupEx22” 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 – discount goes to your team instead of paying credit card fees.

### Registration:

Register online at [www.ticllc.org](http://www.ticllc.org) and click on Trainings Registration. 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 June 27, 2022. We will refund your registration fees, minus \$50 (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 9 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

TIC is applying for continuing education through the NASW.

### Counselors

TIC is applying for continuing education for counselors.

### 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. 9 APA hours.

## 6. COURSE 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.

### **Treatment Implementation Collaborative, LLC (TIC)**

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