

# Jump Start in Dialectical Behavior Therapy<sup>®</sup> An Online Course

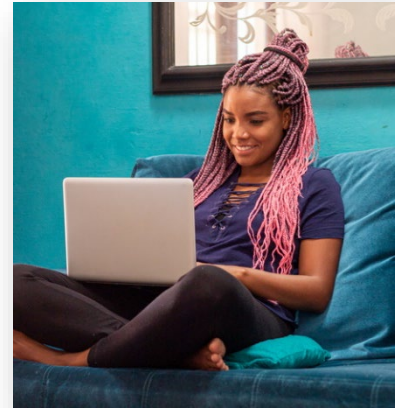
**Dates:** March 14-18, 2022  
March 28 – April 1, 2022  
(Ten 3.25-hour sessions / 29.5 hours of instruction)

**Times:** 1:00 - 4:15pm ET  
10:00am - 1:15pm PT

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

**Location:** Online via Zoom

**Tuition:** \$1250 USD per person  
\$1000 USD per person for early registration & groups



**Included with registration:**

1. *Master Class: Core Skills in DBT<sup>®</sup>*, 16-hours on-demand (access until August 2022)
2. *Back into the Book: CBT of BPD<sup>®</sup>*, 15-hours on-demand (access until August 2022)
3. *Using the Secondary Targets in DBT<sup>®</sup>*, 1-hour on-demand (access until August 2022)

See page 7 for more details.

Through our 25 plus years of teaching DBT, we have learned that there are trainings that teach you “to know” and trainings that teach you “to do”. While it is incredibly important to understand the comprehensive structures and goals of DBT, most clinicians need help with what *to do* with DBT. All modes of treatment in DBT (Individual treatment, skills training, coaching, and consultation team) weave principles, strategies, and structure together in a way that move clients toward the lives they want to live. DBT individual therapy is the primary driver of DBT, bringing these complex principles together with precision and compassion. When clinicians understand what to do with individual psychotherapy in DBT, the other modes of DBT become far more accessible. The Jump Start in DBT<sup>®</sup> focuses on learning and practicing all aspects of DBT individual psychotherapy so that clinicians understand how to develop and move fluidly through the comprehensive treatment.

The course will focus on the strategies (validation, communication, case management, dialectical) and the assessments and interventions (chain analysis, exposure, contingency management, cognitive modification and skills coaching) in DBT. We will teach participants exactly how to conduct the first four sessions of DBT (Pre-Treatment) and each task within them. We will teach how to structure individual therapy, focusing on what happens from the beginning to end of each session, as well as covering what happens between sessions.

This training is principally designed to support therapists new to DBT, though Linehan Board Certified clinicians have reported that refresher training in the structure, strategies and principles increases their confidence and competence to deliver DBT individual Psychotherapy. The Jump Start in DBT<sup>®</sup> is also a solid refresher for clinicians beginning the certification process for DBT Certified Individual Therapist ([www.dbt-lbc.org](http://www.dbt-lbc.org)).

## TABLE OF CONTENTS

1. [Course Description](#)
2. [Course Schedule](#)
3. [Course Objectives](#)
4. [Who Should Attend](#)
5. [Course Prerequisites](#)
6. [Tuition & Registration](#)
7. [Continuing Education](#)
8. [Instructors](#)
9. [Bonus: On Demand Courses](#)
10. [Comments from Past Participants](#)



## 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, and in a variety of settings including community mental health outpatient, private practice, intensive outpatient/partial hospitalization, residential, forensics and corrections. Research supports its use to target suicidality, treatment drop out, hospitalization, behavioral dyscontrol, substance use disorders, eating disorders, treatment resistant depression in the elderly, and its application with highly dysregulated couples and families.

This training focuses learning and practice on DBT individual psychotherapy. The Jump Start in DBT® training follows the course of DBT Stage 1 Individual Psychotherapy from the intake session, through the first four sessions ('Pre-Treatment'), and through the flow, principles, and protocols for individual sessions in Stage 1. The goal is for new DBT therapists to be able to begin seeing clients immediately following this training.

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 provide DBT. As 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 focus on how to structure an effective DBT consultation team.

Each training session will be 3 hours and 15 minutes (3 hours of training and a 15-minute break). We will teach for 90 minutes, take a 15-minute break, then teach for 90 minutes. 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.

***This course will NOT be teaching the content of DBT Skills Training Groups.***  
Skills will be addressed as they are used in DBT individual psychotherapy, but the actual skills will be taught in the Master Class: Core Skills in DBT® (access included with registration).

## 2. 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>  1pm - 4:15pm ET 10am - 1:15pm PT	Introductions/Orientation	.50
	Introduction to Mindfulness/Practice	.50
	Introduction to Consultation Team	.50
	<i>Break: 15 minutes</i>	
	Consultation Team (conclusion)	.50
	Communication Strategies	.50
	Case Management Strategies	.50
	session total	3.00
<u>Session 2</u>  1pm - 4:15pm ET 10am - 1:15pm PT	Mindfulness	.25
	Homework Review (communication strategies)	.50
	Dialectics and Dialectical Strategies	.75
	<i>Break: 15 minutes</i>	
	Validation	1.00
	Introduction to Tasks for Pre-Treatment	.50
session total	3.00	
<u>Session 3</u>  1pm - 4:15pm ET 10am - 1:15pm PT	Mindfulness	.25
	Homework (validation strategies)	.50
	Research and Assessment	.75
	<i>Break: 15 minutes</i>	
	Orienting to Treatment (Stages and Modes)	.75
	Orienting to Telephone Consultation	.75
session total	3.00	
<u>Session 4</u>  1pm - 4:15pm ET 10am - 1:15pm PT	Mindfulness	.25
	Orienting to Treatment (Agreements and Assumptions)	.75
	Biosocial Theory	.50
	<i>Break: 15 minutes</i>	
	Biosocial Theory (conclusion)	.25
	Determining Life Worth Living Goals	.50
	Turning Goals into Behaviorally Defined Problems	.75
session total	3.00	
<u>Session 5</u>  1pm - 4:15pm ET 10am - 1:15pm PT	Mindfulness	.25
	Homework (biosocial theory)	.50
	Creating Primary Target Hierarchies	.75
	<i>Break: 15 minutes</i>	
	Getting Commitment to Treatment	.50
	Getting an Initial Suicide Risk Assessment	.50
	The Crisis Plan	.50
session total	3.00	

<u>Session 6</u> 1pm - 4:15pm ET 10am - 1:15pm PT	Mindfulness	.25
	Homework Review (target hierarchy)	.50
	Creating Effective Diary Cards	.50
	Structuring Individual Psychotherapy: Setting an Agenda	.25
	<i>Break: 15 minutes</i>	
	Targeting	.50
	Checking in on Other Modes of Treatment	.25
	Principles of Behaviorism	.75
	session total	3.00
	<u>Session 7</u> 1pm - 4:15pm ET 10am - 1:15pm PT	Mindfulness
Behavioral Assessment		.25
Missing Links Analysis		.50
Behavioral Chain Analysis Demonstration		.50
<i>Break: 15 minutes</i>		
Behavioral Chain Analysis Overview		.50
Behavioral Chain Analysis Practice 1		.50
Behavioral Chain Analysis Practice 2		.50
session total	3.00	
<u>Session 8</u> 1pm - 4:15pm ET 10am - 1:15pm PT	Mindfulness	.25
	Homework Review (behavioral assessment)	.50
	The Suicide Protocols	.75
	<i>Break: 15 minutes</i>	
	The Suicide Protocols	.25
	Generating Hypotheses and Choosing Controlling Variables	.75
	Overview of Solution Analysis	.25
	Solution 1; Problem Solving	.25
	session total	3.00
<u>Session 9</u> 1pm - 4:15pm ET 10am - 1:15pm PT	Mindfulness	.25
	Homework Review (problem solving)	.25
	Solution 2: Exposure	1.00
	<i>Break: 15 minutes</i>	
	Solution 3: Cognitive Modification	.50
	Solution 4: Contingency Management	1.00
Session total	3.00	
<u>Session 10</u> 1pm - 3:45 pm ET 10am - 12:45pm PT	Mindfulness	.25
	Homework Review (exposure)	.50
	Solution 5: Skills	.75
	<i>Break: 15 minutes</i>	
	Bringing Skills and Contingency Management Together	.50
	Didactic Strategies	.25
	Session Ending Strategies	.25
Session Total	2.50	

### 3. COURSE OBJECTIVES

Following this training, participants will be able to:

1. Lead Mindfulness Practice;
2. Describe the communication strategies in DBT;
3. Explain the case management strategies and how they are used;
4. List the dialectical strategies and when they should be implemented;
5. Describe the rationale for validation strategies;
6. List the levels of validation;
7. List the 5 areas of dysregulation treated in DBT;
8. List the modes of DBT and their functions;
9. Explain the assumptions of clients and therapy in DBT;
10. Discuss the therapist and client agreements in DBT;
11. Explain the biosocial theory in DBT;
12. Create effective Life Worth Living Goals;
13. Translate Life Worth Living Goals to behaviorally defined problems;
14. Create a primary target hierarchy for a client;
15. Perform 3 commitment strategies;
16. Explain the 24 hour rule;
17. Create a crisis plan for a client;
18. Construct an individualized diary card for a client;
19. List the parts of a DBT individual therapy session;
20. Create an agenda for an individual therapy session;
21. Give examples of positive and negative reinforcement;
22. Give examples of positive and negative punishment;
23. Conduct a behavioral assessment to define problem behaviors;
24. Define the variables in a behavioral chain analysis (vulnerability factors, prompting event, links, problem behavior, consequences);
25. Conduct a behavioral analysis of problem behaviors;
26. Explain the difference between behavioral chain analysis and missing links analysis;
27. Create a hypothesis with the controlling variables of a behavior;
28. Explain the problem-solving strategies and how to use them;
29. Utilize informal exposure with an individual client;
30. Describe the difference between accepting a cognition and changing a cognition;
31. Demonstrate contingency management with a client;
32. Create a consultation team agenda.



### 4. WHO SHOULD ATTEND

The Jump Start in DBT is designed for any practitioners new to DBT, those who wish to join teams an/or who wish to work toward the training requirements for DBT Certification. For more information on the training requirements for certification, please see: Eligibility Requirements under the Certification Tab at [www.dbt-lbc.org](http://www.dbt-lbc.org). Please note that this is 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!**

## 5. 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.

## 6. 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 January 14, 2022.

Use code “EarlyJump22” 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 “GroupJump22” 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 April 28, 2022. 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.

## 7. CONTINUING EDUCATION

This course is 29.5 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 # 886610910-4473) for 29 continuing education contact hours.



**National Certified Counselors**

This program has been submitted to the NBCC for approval of 29.5 continuing education credits.

**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. 29.5 APA hours.

**8. 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.

**9. ADDITIONAL ON DEMAND COURSES INCLUDED**

Access from registration – August 2022. If you are new to DBT, we highly recommend that you start these *before* the Jump Start.

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

(No CE hours available for this course)

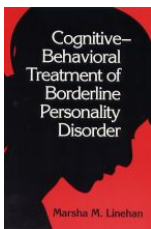
Annie McCall provides helpful tips for using the two skills training manuals (DBT Skills Training Manual, 2<sup>nd</sup> Edition and DBT Skills Training Handouts and Worksheets, 2<sup>nd</sup> Edition). She provides demonstrations, examples and practices for the skills as well as potential pitfalls in 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.

### **Using the Secondary Targets in DBT® - 1-hour on-demand**

(No CE hours available for this course)

Shari Manning describes the rationale for the secondary targets in DBT and describes, in depth, the behaviors that are seen in session and as patterns in living that are called the secondary targets or dialectical dilemmas in DBT. She provides pointers on the skills and interventions used to treat each of the secondary targets after they are identified.

## **10. COMMENTS FROM PAST PARTICIPANTS**

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 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. 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!. 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. Overall, 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.