

Advanced Case Conceptualization in Dialectical Behavior Therapy[®] - An Online Course

Dates: February 14-18, 2022 and
February 28 - March 4, 2022

Times: 1:00pm - 4:15pm ET
10:00am - 1:15pm PT
Ten 3-hour Sessions

Instructor: Shari Manning, Ph.D.

Location: Online via Zoom



This course is designed for anyone who has completed basic training in DBT, has been providing DBT individual psychotherapy and is looking to increase their individual psychotherapy skills. At TIC, we watch many recordings of therapists doing DBT Individual therapy. When we examine the difference in levels of competency, one driver of competence is case conceptualization. Case con is the behavioral framework behind the treatment. In essence, it's how therapist "think" about DBT and DBT clients before they "do" DBT. This training is designed to increase therapist's skills in both thinking and doing DBT through the lens of conceptualization.

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1. COURSE DESCRIPTION

Advanced Case Conceptualization in Dialectical Behavior Therapy[®] - An Online Course is for clinicians who have previous training and experience in DBT.

The primary theme of the training is case conceptualization. The first 8 sessions will be review and practice in the various sections of DBT case conceptualization. Participants will have the opportunity to present their case conceptualizations to other participants and to the trainer. By the completion of the training, each participant will have a written case conceptualization for one of their DBT clients. Case Conceptualizations are usually comprised of three sections:

1. Assessment of presenting problems, demographics, cultural/diversity considerations and development of diagnoses and/or problem behaviors.
2. The Treatment Plan: Determination of the stage of treatment. Life Worth Living Goals translated into behaviorally defined problem behaviors and then into targets.
3. Treatment of specific problems: Secondary targets, generation of hypotheses of patterns of controlling variables, interventions for the controlling variables and measuring outcomes for behaviors and the treatment as a whole.

During the section on interventions, the specific “treatment” (problem solving, exposure, cognitive modification, skills, contingency management) will be practiced with continued focus on providing Stage 1, informal exposure.

The final two sessions of the training will focus on increasing effective use of suicide risk assessment and the DBT suicide protocols and, issues and practice in telephone consultation. The course will conclude with participants conducting an assessment on their consultation team’s functioning and establishing goals and targets for their team and their own behavior on team.

Case Conceptualization in DBT emphasizes case-based learning (clinical examples) and experiential learning (role plays, exercises and homework). During the course, each participant will create a written case conceptualization on an existing client from their caseload.

Each training session will include 3.00 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.

2. COURSE SCHEDULE

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

Session #	Topic	Contact Hours
<u>Session 1</u>	Introductions/Orientation	.50
February 14, 2022	Mindfulness Practice	.25
1pm - 4:15pm ET	Introduction to Case Conceptualization	.50
10am - 1:15pm PT	Choosing Clients for Case Conceptualization	.25
	<i>Break 15 minutes</i>	
	Five Areas of Dysregulation as Assessment	.75
	Demographics in Case Conceptualization	.75
	session total	3.00
<u>Session 2</u>		
February 15, 2022	Mindfulness	.25
1pm - 4:15pm ET	Biosocial Theory in Case Conceptualization	1.25
10am - 1:15pm PT	<i>Break 15 minutes</i>	
	Creating Meaningful Life Worth Living Goals	.75
	Translating Goals to Behaviorally Specific Problems	.75
	session total	3.00
<u>Session 3</u>		
February 16, 2022	Mindfulness	.25
1pm - 4:15pm ET	Translating Goals to Problems (conclusion)	.50
10am - 1:15pm PT	Determining Stage of Treatment	.75
	<i>Break 15 minutes</i>	
	DBT Primary Targets: Creating a Treatment Plan	1.50
	session total	3.00

<u>Session 4</u>	Mindfulness	.25
February 17, 2022	Secondary Targets and Case Conceptualization	1.25
1pm - 4:15pm ET	<i>Break 15 minutes</i>	
10am - 1:15pm PT	Secondary Targets (conclusion)	.50
	Assessing Behavior with Chain and Missing Links	1.00
	session total	3.00
<u>Session 5</u>	Mindfulness	.25
February 18, 2022	Chain and Missing Links (continued)	.50
1pm - 4:15pm ET	Generating Hypotheses and Controlling Variables	.75
10am - 1:15pm PT	<i>Break 15 minutes</i>	
	Controlling Variables (conclusion)	.50
	Solutions: Problem Solving	.50
	Solutions: Cognitive Modification	.50
	session total	3.00
<u>Session 6</u>	Mindfulness	.25
February 28, 2022	Solutions: Cognitive Modification (conclusion)	.25
1pm - 4:15pm ET	Solutions: Exposure	1.00
10am - 1:15pm PT	<i>Break 15 minutes</i>	
	Solutions: Exposure	1.50
	session total	3.00
<u>Session 7</u>	Mindfulness	.25
March 1, 2022	Solutions: Exposure (conclusion)	.50
1pm - 4:15 pm ET	<i>Break 15 minutes</i>	
10am - 1:15pm PT	Solutions: Contingency Management	.75
	Using Skills and Contingency Management Together	.75
	session total	3.00
<u>Session 8</u>	Mindfulness	.25
March 2, 2022	Determining Outcomes	.75
1pm - 4:15pm ET	Finishing Case Conceptualizations	.50
10am - 1:15pm PT	<i>Break 15 minutes</i>	
	DBT Suicide Protocols	1.5
	session total	3.00
<u>Session 9</u>	Mindfulness	.25
March 3, 2022	Telephone Consultation	1.25
1pm - 4:15pm ET	<i>Break 15 minutes</i>	
10am - 1:15pm PT	Leadership and Consultation Team	.75
	Consultation Team Assessment	.75
	session total	3.00
<u>Session 10</u>	Mindfulness	.25
March 4, 2022	Treating Therapists on Consultation Team	1.25
1pm - 3:45pm ET	<i>Break 15 minutes</i>	
10am - 12:45pm PT	Treating Therapists on Consultation Team	.75
	Final Q&A	.25
	session total	2.50

3. OBJECTIVES

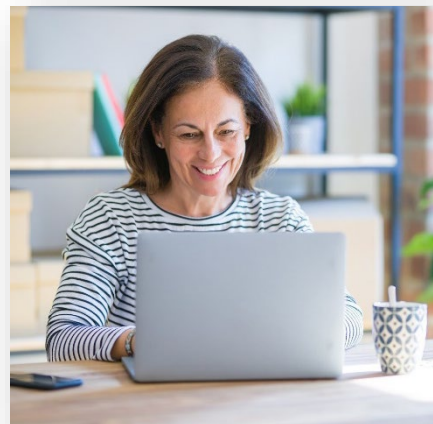
Following this training, participants will be able to:

1. Lead Mindfulness Practice;
2. Formulate a DBT individual therapy case from pre-treatment through Stage 2;
3. Create an accurate assessment plan for bringing clients into treatment;
4. Identify biosocial theory in a client;
5. Describe the transaction between biology and invalidating environment in a DBT client;
6. Formulate Life Worth Living Goals for a client;
7. Break the client's Life Worth Living Goals into behaviorally defined problems;
8. Create a DBT Stage 1 primary target hierarchy for a client;
9. Explain the difference between Stage 1 and Stage 2 DBT;
10. Formulate a client's behavior into the secondary targets;
11. Generate effective hypotheses about the function of client behavior;
12. Identify controlling variables for problem behaviors through DBT chain and missing links analyses;
13. Create a solution plan using problem solving strategies;
14. Create a solution plan using cognitive modification strategies;
15. Create a solution plan using exposure strategies;
16. Conduct informal exposure for an emotion link controlling variable;
17. Conduct informal exposure for in-session avoidance;
18. Create a solution plan using contingency management;
19. Create a plan that changes client behavior by integrating DBT skills and contingency management;
20. Develop a meaning set of outcomes to ensure that desired change is occurring in DBT;
21. Explain the role of the primary therapist in treating suicidal behaviors;
22. Assess their use of a suicide risk assessment;
23. Describe the DBT suicide protocols;
24. Explain when a DBT therapist might recommend hospitalization for a client;
25. Conduct an assessment of their consultation team's functioning;
26. Create goals and targets for their consultation team;
27. Explain how DBT addresses therapists' therapy interfering behavior on consultation team;
28. Describe how to treat therapist behavior with exposure;
29. Describe how to treat therapist behavior with cognitive modification;
30. Describe how to treat therapist behavior with contingency management;

4. WHO SHOULD ATTEND

Advanced Case Conceptualization in Dialectical Behavior Therapy® - An Online Course is designed for therapists who have attended a minimum of 5 days of DBT training and whom are currently or who have previously provided DBT individual psychotherapy with DBT clients. This training will provide practice on increasing capabilities in case conceptualization, suicide treatment, telephone consultation and consultation team and will not focus on the basic principles or protocols of the treatment.

This training will be effective for preparing for Certification as a DBT Individual Clinician through the DBT-Linehan Board of Certification (www.dbt-lbc.org). It will also be effective on-going training for the Maintenance of Certification for certified DBT-LBC clinicians.



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 December 14, 2022. Use code “EarlyCase22” 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 “GroupCase11” at checkout.

Large Groups (5+): If you have a group of 5+ please contact Helen Best (206) 251-5134 or 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 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 no later than January 28, 2022. We will refund your registration fees, minus \$100 (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 29.5 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 has been submitted to the NASW for approval of 29.5 continuing education credits.

Counselors

We are 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. Record of your participation will be documented in the sign-in and sign-out sheets. 29.5 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. Most recently, Shari published a chapter of DBT Case Conceptualization in the

Oxford Handbook of Dialectical Behaviour Therapy (Swales, 2018). She has been involved in the writing of two formal DBT case conceptualization scoring protocols and is considered an expert in DBT case conceptualization.

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.

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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

If you have questions about registering for this course please contact Cindy Best at 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 or (206) 251-5134.