

5-Day Jump Start in Dialectical Behavior Therapy[®]

Dates: September 16-20, 2019

Instructors: Kate Comtois, Ph.D., MPH

Location: Philadelphia, PA



The 5-Day Jump Start in Dialectical Behavior Therapy[®] (Jump Start in DBT) 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 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).

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.

**Certification as a DBT therapist – please review www.dbt-lbc.org for more information on requirements for certification.*

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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.

Instructors will use PowerPoint presentations, case examples, handouts, role plays and practices to introduce concepts and provide opportunities to assimilate knowledge. There will be homework each evening of the training.

2. COURSE SCHEDULE

Light snacks will be provided throughout the day (ie: coffee, fruit, muffins, nuts, and yogurt).
Lunch is on your own.

Day 1	8:30 - 10:15	Introductions/Orientation Introduction to Mindfulness/Practice Dialectics and Dialectical Strategies Communication Strategies Case Management Strategies
	10:15 - 10:30am	Break
	10:30 - 12:00pm	Biosocial Theory Structure of DBT: Population, Modes, Stages and Targets
	12:00 - 1:00pm	Lunch (on your own)
	1:00 - 2:30 pm	Structure of DBT: Population, Modes, Stages and Targets (cont)
	2:30 - 2:45pm	Break
	4:15 - 4:30pm	Structure of DBT: Population, Modes, Stages and Targets (cont) Starting with a Solid Foundation Pre -Treatment Q&A, Evaluations
Day 2	8:30 - 10:15am	Mindfulness Homework Acceptance Strategies: Validation
	10:15 - 10:30am	Break
	10:30 - 12:00pm	Structuring Individual Therapy Sessions Targeting with Diary Cards
	12:00 - 1:00pm	Lunch
	1:00 - 2:30pm	Change Strategies: Behavior Therapy Behavioral Chain Analysis
	2:30 - 2:45pm	Break

	2:45 - 4:15pm 4:15 - 4:30pm	Behavioral Chain Analysis (continued) Q&A, Evaluations
Day 3	8:30 - 10:15am 10:15 - 10:30am 10:30 - 12:00pm 12:00 - 1:00pm 1:00 - 2:30pm 2:30 - 2:45pm 2:45 - 4:15pm 4:15 - 4:30pm	Mindfulness Homework Behavioral Chain Analysis (continued) Break Generating Hypotheses from Chain Analyses Solution Analysis: Problem Solving Solution Analysis: Exposure Lunch (on your own) Solution Analysis: Exposure (continued) Break Solution Analysis: Skills and Coaching Q&A, Evaluations
Day 4	8:30 - 10:15am 10:15 - 10:30am 10:30 - 12:00pm 12:00 - 1:00pm 1:00 - 2:30pm 2:30 - 2:45pm 3:00 - 4:15pm 4:15 - 4:30pm	Mindfulness Homework Solution Analysis: Contingency Management Solution Analysis: Cognitive Modification Break Solution Analysis: Cognitive Modification (continued) Behavioral Strategies: Orienting Didactic Commitment Lunch (on your own) Suicide Assessment Break Suicide Interventions Hospitalization Q&A, Evaluations
Day 5	8:30 - 10:15am 10:15 - 10:30am 10:30 - 12:00pm 12:00 - 1:00pm 1:00 - 2:30pm 2:30 - 3:00pm	Mindfulness Homework Treating Therapy Interfering and Destroying Behaviors Treating In-Session Dysfunctional Behaviors Break Secondary Targets Telephone Consultation Lunch (on your own) Consultation Team Q&A, Evaluations

3. 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 DBT;
6. Begin conducting DBT treatment with an individual client;
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. Describe the four modules of skills in DBT;
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.

4. 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. Please note that this the only official site for DBT Certification.

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.

6. TUITION & REGISTRATION

Regular rate: \$1400 (USD) per person.

Early rate: \$1120 (USD) per person (save \$280 per person).

To qualify for the early payment rate, tuition must be received in full by May 31, 2019.

Use code “EarlyJumpPA” at checkout.

Group rate: \$1120 (USD) per person (save \$280 per person).

To qualify for the group payment rate, 2+ individuals must register and pay in a single transaction.

Use code “GroupJumpPA” at checkout.

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. Payment is due by September 5, 2019. Registration is not guaranteed until payment is received.

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 August 31, 2019. We will refund your registration fees, minus \$75 (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. PLANNING YOUR TRAVEL

Training Location:

Community Behavioral Health
801 Market Street, 7th floor
Philadelphia, PA

Recommended Airport:

Philadelphia International Airport (PHL). 12 miles to the training site/ 35 minutes on the airport line.

Recommended Hotels (no room blocks reserved):

Residence Inn by Marriott
1 E Penn Sq, Philadelphia Downtown
Reservations: 855-239-9485, 866-403-9851

Courtyard by Marriott
Philadelphia Downtown – 21 N Juniper St.
Reservations: 866-538-1349

Philadelphia Marriott Downtown
1201 Market St., Philadelphia
Reservations: 866-925-0549

Loews Philadelphia
1200 Market St., Philadelphia
Reservations: 866-925-7710

8. CONTINUING EDUCATION

This course is 28.5 continuing education hours. 100% participation is required to receive any credit. No partial credit will be given for any reason.

Social Workers

We have applied for this program through the National Association of Social Workers (Approval #TBD) for 28 continuing education contact hours.

National Certified Counselors

The 5-Day Jump Start in DBT has been approved by NBCC for NBCC Credit. Treatment Implementation Collaborative is solely responsible for all aspects of the program. NBCC Approval No. #TBD.

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.

9. INSTRUCTORS

Kate Comtois, PhD, MPH is Associate Professor in the Department of Psychiatry and Behavioral Sciences and Adjunct Associate Professor in the Department of Psychology at the University of Washington. She received her Ph.D. in clinical/community psychology from the University of Maryland in 1992. She received her MPH in Health Services at the University of Washington in 2009.

Dr. Comtois' career goal is to give suicidal clients and their clinicians their best chance to succeed. Dr. Comtois has been assisting programs to implement DBT since 1996. She has provided training and consultation on DBT to community mental health agencies, inpatient psychiatric programs, outpatient and residential substance abuse treatment, juvenile and adult corrections, private and university outpatient clinics, and primary care. She has trained across the United States as well as in Canada, England, Norway, and Australia. She has trained and collaborated in the implementation of DBT with African-American, American Indian, and Alaska Native programs. Having directed a DBT program in public mental health for almost 20 years, Dr. Comtois is particularly knowledgeable about the systemic issues of DBT implementation and the structural changes needed for sustainable implementation.

For more information: <https://www.ticllc.org/katherine-anne-comtois--ph.d.--mph.html>

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Treatment Implementation Collaborative, LLC (TIC)

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(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.