

## Back into the Book :: *Cognitive Behavioral Treatment of Borderline Personality Disorder*

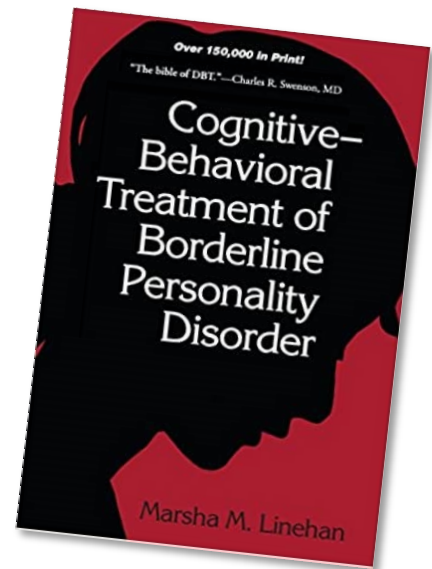
A 15-week Book Study with Shari Manning Ph.D.

### Dates:

This book study includes 15 pre-recorded sessions. Recordings will be posted each Monday for 15 weeks, starting March 30, 2020. Each recording will be approximately 30 minutes. You can start with us on March 30 or whenever you want.

### Requirements:

- Registration, \$150 per person
- A computer to view the recordings.
- A copy of the book, *Cognitive Behavioral Treatment of Borderline Personality Disorder*, by Marsha Linehan, Ph.D.



### Course Description:

As we train and work with agencies across the world, it seems as though the treatment manual written by Marsha Linehan, *Cognitive Behavioral Treatment of Borderline Personality Disorder* has lost prominence as a primary learning tool.

The manual is difficult to read for specific reasons. Unlike treatments like Foa's Prolonged Exposure that instructs on what to do week-by-week, DBT is comprised by a set of principles with protocols imbedded. There's no way to find out what to do in a given week for individual treatment sessions. Just taking a treatment that is as complex as DBT and putting it into a linear, chapter by chapter format was difficult. The result is that Linehan often refers to chapters to come or chapters in the past which can be confusing. Let's face it, Marsha Linehan is a brilliant researcher. She also has a very medical/scientific vocabulary. Many people are put off by the language in the book. Marsha also assumed that we were all practicing, supervised behavioral therapists. The result is that she didn't explain concepts that were unique to behaviorism.

Shari Manning, Ph.D. re-reads the manual every year. This year, Shari is reading the manual in reverse, starting with Chapter 15, which includes suicide, therapy interfering and telephone protocols, and some "what to do's". She is doing this to support primary learning and help clinicians access the immeasurable value of the contents of the book.

If you would like to read the manual with Shari, join us online. These sessions are 30-75 minutes long. She overviews each chapter, highlights pieces and checklists that are important to learn if you want to provide adherent DBT as well as some "one-liners" that she has found helpful over her 27 years of doing DBT. Finally, Shari points out places where the treatment has changed since it was published in 1993.

### About the Instructor:

Shari Manning, Ph.D. 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:**

\$150 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").

*TIC is not responsible for any presenter's or participant's 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.*

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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](mailto:hbest@ticllc.org) or (206) 251-5134.

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