

Jump Start in Dialectical Behavior Therapy[®] ONLINE

Dates: August 3-28, 2020
9 3.25-hours sessions over 3 weeks
29 contact hours

Instructor: Shari Manning, Ph.D.

Location: Online via Zoom

Tuition: \$1250 per person, or \$1000 per person if paid by June, 26, 2020.



FREE BONUS: Your registration includes the following:


1. *Master Class: Core Skills in DBT[®]* – 16-hours on-demand (access from 9/1/20 – 7/31/21)
2. *Back into the Book: CBT of BPD[®]* – 15-hours on-demand (access from 9/1/20 – 7/31/21)

The Jump Start in Dialectical Behavior Therapy[®] - 29-hours live instruction online

The 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 principles of 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.

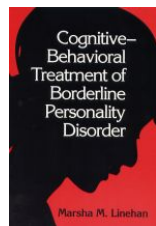
Master Class: Core Skills in DBT[®] - 16-hours on-demand

 Annie McCall provides helpful tips for using the two skills training manuals (DBT Skills Training Manual, 2nd Edition and DBT Skills Training Handouts and Worksheets, 2nd 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). 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 for more information on requirements for certification.*

Back into the Book: Cognitive Behavioral Treatment of BPD® - 15-hours on-demand



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.

The Jump Start in Dialectical Behavior Therapy®

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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.

Each training session will include 3 .25 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

Session #	Topic	Contact Hours
<u>Session 1</u>	Introductions/Orientation	.50
August 3, 2020	Introduction to Mindfulness/Practice	.50
1pm - 4:15pm ET	Dialectics and Dialectical Strategies	.50
10am - 1:15pm PT	Communication Strategies	.50
	Case Management Strategies	.50
	Biosocial Theory	.75
	session total	3.25
<u>Session 2</u>	Mindfulness	.25
August 5, 2020	Homework Review	.50
1pm - 4:15pm ET	Structure of DBT: Populations and Modes	1.00
10am - 1:15pm PT	Assumptions about Clients and Treatment	.75
	Structure of DBT: Agreements, Stages and Targets	.75
	session total	3.25
<u>Session 3</u>	Mindfulness	.25
August 7, 2020	Homework	.50
1pm - 4:15pm ET	Acceptance Strategies: Validation	1.25
10am - 1:15pm PT	Bringing a Client into Treatment (Pre-treatment)	1.25
	session total	3.25
<u>Session 4</u>	Mindfulness	.25
August 10, 2020	Homework	.50
1pm - 4:15pm ET	Structuring Individual Therapy Sessions and Targeting	1.25
10am - 1:15pm PT	Change Strategies: Introduction to Behavioral Strategies	1.25
	session total	3.25
<u>Session 5</u>	Mindfulness	.25
August 12, 2020	Homework	.50
1pm - 4:15pm ET	Road Map of DBT	.25
10am - 1:15pm PT	Behavioral Assessment	.50
	Intro to Behavioral Chain Analysis with Demonstration	1.00
	Chain Practice #1	.75
	session total	3.25
<u>Session 6</u>	Mindfulness	.25
August 14, 2020	Homework Review	.50
1pm - 4:15pm ET	Chain Practice #2	.75
10am - 1:15pm PT	Missing Links Analysis	1.00
	Generating Hypotheses	.50
	Introduction to Solutions	.25
	session total	3.25
<u>Session 7</u>	Mindfulness	.25
August 24, 2020	Homework Review	.50
1pm - 4:15pm ET	Solution Analysis: Problem Solving	.50
10am - 1:15pm PT	Solution Analysis: Exposure	.75
	Solution Analysis: Skills and Coaching	.75
	Solution Analysis: Cognitive Modification	.50
	session total	3.25

<u>Session 8</u>	Mindfulness	.25
August 26, 2020	Homework Review	.50
1pm - 4:15pm ET	Solution Analysis: Contingency Management	.75
10am - 1:15pm PT	Behavioral Strategies; Orienting, Didactic	.50
	Suicide Assessment and Interventions	1.25
	session total	3.25
<u>Session 9</u>	Mindfulness	.25
August 28, 2020	Treating Behaviors that Interfere with Treatment	.75
1pm - 4:15pm ET	Secondary Targets	1.00
10am - 1:15pm PT	Consultation Team	1.00
	session total	3.00
	What Next? (not for CE)	

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 Comprehensive;
6. List the parts of a DBT individual therapy session
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. Explain the difference between behavioral chain analysis and missing links analysis;
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-ibc.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: \$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 June 26, 2020. Use code “EarlyJumpZ” 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 “GroupJumpz” 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.

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 August 1, 2020. Registration is not guaranteed until full 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 July 24, 2020. 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. CONTINUING EDUCATION

This course is 29 continuing education 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 continuing education credits.

National Certified Counselors

This program has been submitted to the NBCC or approval of 29 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. Record of your participation will be documented in on the sign-in and sign-out sheets.

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.

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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)

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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.