

## **Pre-Treatment: Setting the Stage for Dialectical Behavior Therapy Stage 1<sup>®</sup>**

2-hour on demand course with Shari Manning, Ph.D.

### **1. COURSE DESCRIPTION**

The Pre-Treatment phase of DBT Stage 1 is described as a series of sessions with a goal of keeping the client from dropping out of treatment prematurely (Linehan, 1993). In order to do this, the therapist must provide orientation to the treatment, its modes, functions, roles of providers while providing information that informs the client's expectations from the treatment. Simultaneously, the DBT therapist is assessing history, current behaviors, determining Life Worth Living Goals, primary targets and moving into commitment to the treatment, its agreements and its various modes. Because of research needs, pre-treatment was defined as four sessions. Thus, four sessions has become the standard for DBT pre-treatment. There are a multitude of tasks to be completed in those four sessions and there has always been discussion about when the client can begin treatment during the process.



This 2-hour webinar is designed to describe the tasks of pre-treatment, discuss various ordering of those tasks and define when a client may effectively enter into treatment.

### **2. COURSE SCHEDULE**

1. Overview of Pre-Treatment Tasks
2. Determining the Order of Pre-Treatment Tasks
3. When Can a Client Begin Treatment
4. Using the Drop Out Rule in Pre-Treatment

### **3. COURSE OBJECTIVES**

Following this training, participants will be able to:

1. Explain the purpose of pre-treatment in DBT;
2. List the tasks of DBT pre-treatment;
3. Explain the principles used in determining when a client may begin treatment;
4. Describe the use of the drop out rule in pre-treatment.

#### 4. TUITION & REGISTRATION

\$75 (USD) per person.

- Register online at [www.ticllc.org](http://www.ticllc.org) and click on Trainings Registration.
- 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.

#### 5. CE INFORMATION

Participants who pass the post training quiz with a score of 80% or higher, will receive their choice of a letter of completion for **DBT-LBC continuing education hours** or **APA credit**.

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 Letters of Participation will be emailed to individuals who participate in 100% of the 4 hours of live instruction.

#### 6. COURSE 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.

**Treatment Implementation Collaborative, LLC (TIC)**

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