

## When Therapy Blows Up: Treating Therapy Interfering Behavior Across Modes in DBT<sup>®</sup>

Dates: June 7-10, 2022  
Times: 1:00pm – 4:15pm (ET)  
12:00pm – 3:15pm (CT)  
10:00am – 1:15pm (PT)  
Instructor: Shari Manning, Ph.D.  
Location: Online via Zoom



### 1. COURSE DESCRIPTION

*When Therapy Blows Up: Treating Therapy Interfering Behavior Across Modes in DBT<sup>®</sup>* is for individuals who have been practicing DBT Individual Psychotherapy and/or DBT Skills Training in the context of a comprehensive program. This training is designed to strengthen skills in keeping DBT adherent and treating the inevitable obstacles that occur in DBT individual psychotherapy, DBT Skills Training Group, DBT coaching, DBT family interventions and in our own consultation team.

As we address each mode, therapists will be invited to discuss issues in the mode that make treatment difficult for the therapist and/or increase client dissatisfaction or drop out. In addition, DBT principles, strategies and interventions will be practiced for each mode.

This is a highly experiential training with myriad learning opportunities. All participants will be expected to demonstrate and receive feedback on DBT principles and strategies. There will be role plays and real plays to practice the interventions for each mode.

This training is designed for anyone with experience with individual psychotherapy in DBT and/or skills training. It will assume a strong baseline knowledge of the structure and components of treatment. Trainers will not take time to orient to basic content of DBT.

### 2. COURSE OBJECTIVES

Following this training, participants will be able to:

1. Lead Mindfulness practices;
2. Explain the rationale for four sessions of pre-treatment;
3. Describe the tasks when a client has life threatening behavior in pre-treatment ;
4. Give the rationale for when clients may begin skills training group;
5. List the steps in the in-session dysfunctional behavior protocol;
6. Conduct effective homework review in skills training group;
7. Explain the protocol when a client has life threatening behavior during STG;
8. Increase use of commitment strategies during skills training group;
9. Discuss suicide risk assessment during a telephone consultation;
10. List ways to increase use of telephone consultation;
11. Describe effective ways to intervene with families during a suicide crisis;
12. Explain how to balance consultation to the client with environmental intervention when dealing with families both in session and on calls;
13. Create practices to move to towards therapy for the therapist;

14. Conduct a consultation team assess;
15. Create new targets for their consultation team.

### 3. COURSE SCHEDULE

Dates / Times	Topic	Minutes
<b>Day 1: June 7, 2022</b> 1:00pm – 4:15pm ET 12:00pm – 3:15pm CT 10:00am – 1:15pm PT	Mindfulness	15
	Orienting to the Training Center	15
	<b>Issues in Pre-Treatment Discussion</b>	20
	Rushing/dragging Pre-Treatment	20
	Life Threatening Behaviors (LTB's) in Pre-Treatment	20
	Break	15
	LTB's in Pre-Treatment (continued)	10
	Drop Out during Pre-Treatment	15
	<b>Issues in Individual Therapy Discussion</b>	20
	When LTB's Don't Decrease	20
	When Commitment Wanes	15
	Assessing and Treating Therapy Interfering	10
	Total	180
	<b>Day 2: June 8, 2022</b> 1:00pm – 4:15pm ET 12:00pm – 3:15pm CT 10:00am – 1:15 pm PT	Mindfulness
Assessing and Treating TIB's (continued)		30
In-Session Dysfunctional Behavior Protocol		10
In-Session Dysfunctional Behavior Practice		15
<b>Issues in Skills Training Group Discussion</b>		20
Break		15
Strategies for Reviewing Homework		30
Getting Commitment		15
Therapy Interfering Behavior		25
Therapy Destroying Behavior		20
Total		180
<b>Day 3: June 9, 2022</b> 1:00pm – 4:15 pm ET 12:00pm – 3:15pm CT 10:00am – 1:15 pm PT	Mindfulness	15
	<b>Issues in Telephone Consultation Discussion</b>	20
	When LTB's Occur	30
	When TIB's Occur	25
	Break	15
	When Clients Refuse Coaching	20
	<b>Issues in Dealing with Families Discussion</b>	20
	When LTB's Occur	25
	When TIB's Occur	25
	Total	180

<b>Day 4: June 10, 2022</b> 1:00pm – 4:15 pm ET 12:00pm – 3:15pm CT 10:00am – 1:15 pm PT	Mindfulness	15	
	Balancing Case Management Strategies	20	
	<b>Issues in Consultation Team Discussion</b>	20	
	Lack of Structure	15	
	Consultation Team Interfering Behavior (CTIB)	20	
	Over-Focusing on Clients	20	
	Break	15	
	CTIB: Lack of Balance	30	
	Assessing Your Team’s Functioning	30	
	Choosing Team Targets	10	
	Choosing Targets for Your CTIB	10	
	Final Q&A	10	
		Total	180
		Grand Total	720

#### 4. COURSE PREREQUISITES

This course is designed for clinicians who have been trained and are actively practicing DBT. Attention will be paid to the modes of treatment offered in Standard, Comprehensive DBT therefore practicing individual psychotherapists, skills trainers, family therapists and case managers will benefit from the course. This course will not teach the basics of DBT.

#### 5. TUITION & REGISTRATION

**Regular Rate:** \$275 (USD) per person.

**Early Rate:** \$250 (USD) per person (save \$25pp)

To qualify for the early payment rate, tuition must be received in full by April 29, 2022.

**Small Groups (2-4):** \$250 (USD) per person (save \$25 pp)

To qualify for the group payment rate, 2-4 individuals must register and pay in a single transaction. Use code “GroupTIB22” at checkout.

**Large Groups (5+):** If you have a group of 5+ please contact Helen Best (206) 251-5134 or [hbest@ticllc.org](mailto: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](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.

##### Refunds & Substitutions:

If you need to substitute a colleague to take your place or cancel a registration, please contact TIC at [cbest@ticllc.org](mailto:cbest@ticllc.org) no later than May 27, 2022. We will refund your registration fees, minus \$50 (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 12 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 is Approved by the National Association of Social Workers (Approval # 886610910-3574) for 12 continuing education contact hours.

### **Counselors**

*“When Therapy Blows Up: Treating Therapy Interfering Behavior Across Modes in DBT®* has been approved by NBCC for NBCC credit. Treatment Implementation Collaborative, LLC is solely responsible for all aspects of the program. NBCC Approval No. SP-3925.”

### **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. 12 APA hours.

## 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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