

Core Clinical Training in Dialectical Behavior Therapy[®] @ Hilton Head Island



This unique Core Clinical Training includes 82 hours of learning and practicing DBT!

In-person Part I:	April 1-5, 2019
In-person Part II:	November 4-8, 2019
Online Skills:	<i>Master Class: Core Skills in DBT[®]</i> (16 hours online) Available from registration until December 31, 2019
Consultation Calls:	Six monthly calls between Part I and II
Location:	The Yacht Club of Hilton Head, Palmetto Bay, Hilton Head Island, SC
Presented by:	Shari Manning, Ph.D. and Erin Miga, Ph.D.

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. DBT currently has more than 36 randomized controlled trials demonstrating its applications with adults and adolescents in various settings.

Core Clinical Training in DBT[®] (10 days, In-person Training)

The CCT Course[®] curriculum emphasizes case-based learning (clinical examples) and experiential learning (role plays, exercises, homework, and videos) to support the individual and team in developing the capabilities necessary to conduct DBT individual psychotherapy and to complete Certification as a DBT therapist (www.dbt-lbc.org). Because DBT is a team-based treatment and anyone providing any mode of DBT is required to be on a consultation team, participants will receive training on forming, participating in, strengthening teams and/or leveraging technology to form DBT teams across distances. One of the goals of this course is to develop effective practitioners who are members of sustainable programs. The CCT Course[®] focuses on DBT principles and strategies for program development and for DBT individual psychotherapy – not the specific behavioral skills. (Participants will have access to TIC's online course *Master Class: Core Skills in DBT[®]*)

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

Participants will have access to TIC's online course *Master Class: Core Skills in DBT[®]*, a 16-hour online class to learn DBT behavioral skills and how to manage a Skills Training Group. Participants will have access to the course upon their CCT registration/payment through December 31, 2019.

Consultation Calls

In between Parts I & II, participants will have the option to participate 6 monthly consultation calls (dates to be determined). Participants will have the ability to have present a clip of a DBT individual psychotherapy session and receive feedback from the trainers and other participants.

This Core Clinical Training in Dialectical Behavior Therapy® course includes 82 hours of learning:

- 60 hours of live training in DBT
- Access to 16 hours of online training, Master Class: Core Skills in DBT®
- 6 hours of group consultation with the CCT trainers

Instructors will use Power Point presentations, case examples, handouts, role plays and practices to introduce concepts and provide opportunities to assimilate knowledge. There will be homework assignments each evening (during Parts I & II) and between each part of the training.

COURSE OBJECTIVES

Following this training, participants will be able to:

1. Lead Mindfulness Practice;
2. Describe the role of consultation team;
3. Discuss how to use the consultation team agreements;
4. Explain the results of the randomized controlled trials about DBT;
5. Define the behaviors being treated in their DBT program;
6. Determine outcome measures for evaluating their program;
7. Describe bio-social theory of DBT;
8. Explain the assumptions of clients and therapy in DBT;
9. Discuss the therapist and client agreements in DBT;
10. List the modes of DBT and their functions;
11. Determine the modes and functions for their DBT program;
12. Describe the stages of DBT;
13. List the DBT primary targets;
14. Describe the difference between Stage 1 and Stage 2 DBT;
15. Describe the structure of DBT;
16. List the tasks of Pre-Treatment in DBT;
17. Create a DBT diary card;
18. Create an agenda for a DBT session using a diary card and primary targets;
19. Structure a DBT therapy session;
20. List the levels of validation;
21. Demonstrate use of validation with at least one individual client;
22. Define principles of behaviorism (reinforcement, punishment, extinction, shaping);
23. Conduct a behavioral assessment;
24. Conduct a behavioral chain analysis;
25. Generate a hypothesis of the function of a problem behavior;
26. Generate a hypothesis of the controlling variables of a behavior;
27. List the 5 major treatment interventions used as solutions in DBT;
28. List the steps in problem solving;
29. Conduct an informal exposure as a solution;
30. Define contingency management in DBT;
31. Create a behavioral plan;
32. Use DBT cognitive modification to challenge problematic thoughts and assumptions;
33. Explain the steps in using skills as a solution in DBT;
34. List the steps in coaching new behaviors;
35. List the commitment strategies;
36. Troubleshoot a behavioral commitment;
37. Describe the communication strategies in DBT;
38. Explain the case management strategies in DBT;
39. List the dialectical strategies in DBT;
40. Describe the 4 roles on consultation teams;

41. Create a consultation team agenda;
42. Present an issue on a consultation team;
43. Describe the structure of an effective DBT consultation team;
44. Conduct consultation team;
45. Conduct a suicide risk assessment;
46. List the DBT suicide interventions by role;
47. Conceptualize client behavior using the Biosocial Theory;
48. Create Life Worth Living Goals with a client;
49. Behaviorally define client problems that need to be solved to obtain their goals;
50. Create a target hierarchy for a DBT client;
51. Describe the stage of treatment and its rationale for a client;
52. Describe the six secondary targets in DBT;
53. List the steps of the in-session dysfunctional behavior protocol;
54. Explain the Egregious Behavior Protocol and its function;
55. List the steps in informal exposure;
56. Describe the role of mindfulness in DBT;
57. Present a client issue on consultation team;
58. Present a therapist issue on consultation team.

SCHEDULE

Part I: Day 1

8:00 - 8:30am	Sign-in
8:30 - 10:00am	Introductions/Orientation Introduction to Mindfulness/Practice What is DBT?
10:00 - 10:15am	Break
10:15 - 11:45am	Introduction to Dialectics Consultation Team Intro and Agreements DBT Research Who are you Treating?
11:45 - 1:00pm	Lunch
1:00 - 2:30pm	Biosocial Theory
2:30 - 2:45pm	Break
2:45 - 4:15pm	Structuring the Treatment: Assumptions, Functions and Modes
4:15 - 4:30pm	Q&A, Evaluations

Part I: Day 2

8:00 - 8:30am	Sign-in
8:30 - 10:00am	Mindfulness Homework Review Structuring the Treatment: Goals, Agreements, Stages & Targets
10:00 - 10:15am	Break
10:15 - 11:45am	Structuring the Treatment: Conclusion Bringing a Client into Treatment: Pre-Treatment
11:45 - 1:00pm	Lunch

1:00 - 2:30pm Bringing a Client into Treatment (continued)
Individual Psychotherapy Structure
Targeting

2:30 - 2:45pm Break

2:45 - 4:15pm Targeting Practice
DBT Strategies: Validation

4:15 - 4:30pm Q&A, Evaluations

Part I: Day 3

8:30 - 10:00am Mindfulness
Homework Review
The “Behavior” in DBT: Introduction to Behavioral Principles

10:00 - 10:15am Break

10:15 - 11:45am The Road Map for DBT
Behavioral Assessment
Introduction to Chain Analysis

11:45 - 1:00pm Lunch

1:00 - 2:30pm Chain Analysis with Practice

2:30 - 2:45pm Break

2:45 - 4:15pm Missing Links Analysis
Generating Hypotheses/Controlling Variables

4:15 - 4:30pm Q&A, Evaluations

Part I: Day 4

8:30 - 10:00am Mindfulness
Reviewing Homework
Introduction to Solutions
Problem Solving

10:00 - 10:15am Break

10:15 - 11:45am Exposure
Contingency Management

11:45 - 1:00pm Lunch

1:00 - 2:30pm Contingency Management (continued)
Cognitive Modification

2:30 - 2:45pm Break

2:45 - 4:15pm Skills as a Solution
Coaching

4:15 - 4:30pm Q&A, Evaluations

Part I: Day 5

8:30 - 10:00am Mindfulness
Homework Review
Other Behavioral Strategies
Communication Strategies

10:00 - 10:15am Break

10:15 - 11:45 Case Management Strategies
Dialectical Strategies
11:45 - 12:30pm Lunch (45 minutes)
12:30 - 2:00pm Consultation Team
2:00 - 2:30pm Concluding Comments
Q&A, Evaluations

Part II: Day 1

8:00 - 8:30am Sign-in
8:30 - 10:00am Introductions / Changes
Homework Review
10:00 - 10:15am Break
10:15 - 11:45am Introduction to Case Conceptualization
Conceptualizing Biosocial Theory
11:45 - 1:00pm Lunch
1:00 - 2:30pm Suicide Assessment
2:30 - 2:45pm Break
2:45 - 4:15pm Suicide Interventions
DBT and Psychiatric Hospitalization
4:15 - 4:30pm Q&A, Evaluations

Part II: Day 2

8:30 - 10:00am Mindfulness
Homework Review
Conceptualization of Life Worth Living Goals and Behaviorally
Defined Problems
10:00 - 10:15am Break
10:15 - 11:45am Telephone Consultation
When Dysfunctional Behaviors Occur in Session
11:45 - 1:00pm Lunch
1:00 - 2:30pm Treating Therapy Interfering and Therapy Destroying Behaviors
2:30 - 2:45pm Break
2:45 - 4:15pm Egregious Behavior Protocol
Creating a Target Hierarchy
Formulating Stages in Case Conceptualization
4:15 - 4:30pm Q&A, Evaluations

Part II: Day 3

8:30 - 10:00am Mindfulness
Homework Review
Secondary Targets
10:00 - 10:15am Break
10:15 - 11:45pm Secondary Targets (continued)
Chain Analysis Practice
11:45 - 1:00pm Lunch

1:00 - 2:30pm	Moving from Analysis to Solutions in Case Conceptualization Generating Hypotheses of Problem Behavior
2:30 - 2:45pm	Break
2:45 - 4:15pm	Conceptualizing Avoidance and Using Exposure
4:15 - 4:30	Q&A, Evaluations

Part II: Day 4

8:30 - 10:00am	Mindfulness Homework Review Conceptualizing and Using Contingency Management
10:00 - 10:15am	Break
10:15 - 11:45am	Mindfulness of the Therapists Conceptualizing and Using Cognitive Modification
11:45 - 1:00pm	Lunch
1:00 - 2:30pm	DBT Skills and Case Conceptualization Coaching using VALID
2:30 - 2:45pm	Break
2:45 - 4:15pm	Case Conceptualization: Determining Outcomes Case Conceptualizations Presented
4:15 - 4:30pm	Q&A, Evaluations

Part II: Day 5

8:30 - 10:00am	Mindfulness Mindfulness in DBT Mindfulness of the Therapists Case Conceptualizations Presented
10:00 - 10:15am	Break
10:15 - 11:45am	Running Effective Consultation Teams
11:45 - 12:30pm	Lunch (3/4 hour)
12:30 - 1:30pm	Consultation Team Practice What Next?
1:30 - 2:00pm	Closing Evaluations

WHO SHOULD ATTEND / PREREQUISITES

The CCT Course® is designed for any practitioners new to DBT, those who wish to form teams, those joining teams, and those already on teams who have not yet met the formal DBT training requirements listed on the [DBT-Linehan DBT Certification Board site](#). Please note that this is the only official site for DBT Certification.

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, Second Edition. New York: Guilford Press.

3. Linehan, M. M. (2015). DBT Skills Training Handouts and Worksheets, Second Edition. New York: Guilford Press.

TUITION & REGISTRATION

Early Individual Rate: \$1950 (USD) per person, if paid *by* February 15, 2019. (SAVE \$250pp)

Regular Individual Rate: \$2200 (USD) per person, if paid *after* February 15, 2019.

Early Group Rate*: \$1850 (USD) per person, if paid *by* February 15, 2019. (SAVE \$350pp)

Regular Group Rate*: \$1950 (USD) per person, if paid *after* February 15, 2019. (SAVE \$300)

*To qualify for the group rate, you must have 2 or more people, tuition must be received in full, for all individual members of the group, in one payment – by CHECK ONLY. You can still register online, just choose the “pay by check” option. Please add group member names and emails in the special instructions field at checkout.

Registration:

- Register online at www.ticllc.org and click on Training Registration.
- Pay by credit card (choose PayPal Guest), PayPal or check.
- Checks payable to: Treatment Implementation Collaborative and mailed to: 6327 46th Avenue SW, Seattle, WA 98136.
- Please enter the name(s) and email(s) of the participant(s) in the special instructions field, if different than the person registering/paying online.
- Please try to make payment by March 25, 2019 so that we can insure you receive your registration packet and materials prior to the training.

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 March 14, 2019. We will refund your registration fees, minus \$100 (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. Payment is inclusive of the whole course and participation in all three parts is required.

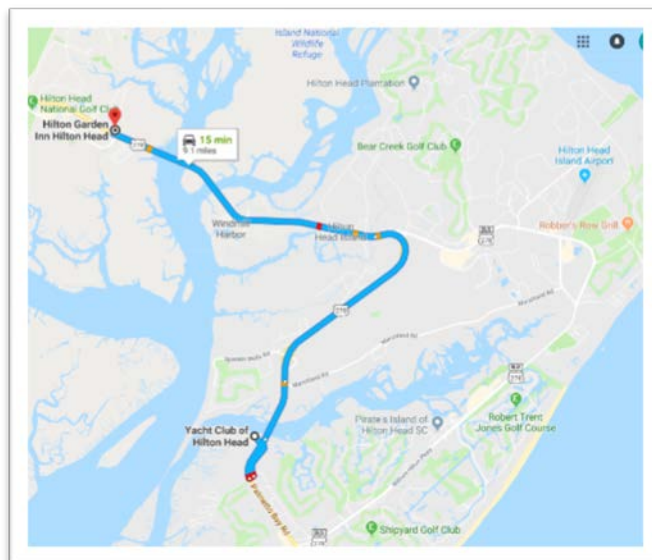
PLANNING YOUR TRAVEL

Training Location:

The Yacht Club of Hilton Head is at the Palmetto Bay Marina

99 Helmsman Way, Hilton Head, SC 29932

PLEASE DO NOT CONTACT THE YACHT CLUB FOR INFORMATION ON THIS TRAINING OR TRAVEL ARRANGEMENTS. Please direct all questions to Cindy Best at TIC, cbest@ticllc.org.



Airports:

- Savannah Hilton Head International Airport is about an hour from the island and offers flights on most airlines.
- The Hilton Head Airport is on the island and has a limited number of American Airlines flights per day. In March and April, United Airlines and Delta will begin providing a few flights in and out of the Hilton Head Airport.

Ground Transportation:

Uber, Lyft, taxis and shuttles are all available on the island. However, past participants have said that they enjoyed the freedom to sight see that comes with a rental car.

Accommodations:

There are many options for hotels and condos on Hilton Head. It depends on if you want to be near the beach and how much you want to spend. The Yacht Club is at the Palmetto Bay Marina on the Broad Creek side of the island. The hotels and most condos and homes will be a couple of miles away. The island is only 13 miles long and 7 miles wide at its widest point, so everything is pretty close together.

If you are interested in a hotel, you might like the [Hilton Garden Inn Hilton Head](#) which is about 15 minutes from the Yacht Club. We have a block of rooms at the following rates:

- March 31 – April 5, 2019: \$159 per night, standard room, plus taxes (includes breakfast)
- November 3-8, 2019: \$130 per night, standard room, plus taxes (includes breakfast)

If you are interested in renting a condo or home we recommend contacting Christine McGlenn or Susan Treadaway at the [Vacation Company](#). Their number is 855-845-7018.

DRIVING DIRECTIONS

The Yacht Club of Hilton Head, 99 Helmsman Way, Hilton Head, SC 29932

Directions to the Yacht Club from various points on HHI:

From the bridge to Hilton Head Island: Take US 278 and Cross Island Parkway to the first stoplight, and turn left onto Arrow Road. Then turn left at first road–Helmsman Way. Take all the way to the dead end and turn left. The club will be on your right.

From Sea Pines: Take William Hilton Parkway to the Sea Pines Circle and get onto Palmetto Bay Road. Continue on Palmetto Bay Road to Arrow Road and turn right. Then turn left at first road–Helmsman Way. Take all the way to the dead end and turn left. The club will be on your right.

From Coligny: Take Pope Avenue across the Sea Pines Circle onto Palmetto Bay Road. Follow Palmetto Bay Road to Arrow Road and turn right. Then turn left at first road–Helmsman Way. Take all the way to the dead end and turn left. The club will be on your right.

From mid-island: Take William Hilton Parkway south to Arrow Road and turn right. Follow Arrow Road to Helmsman Way and turn right onto Helmsman Way. Take all the way to the dead end and turn left. The club will be on your right.

CONTINUING EDUCATION

Continuing Education credits will be offered for a total of 60 hours for the live training only. 100% participation in all 10 days of the live training s required to receive any credit. No partial credit will be given for any reason. Certificates will be awarded following the November, Part II.

Social Workers

TIC is applying for 60 contact hours for social work continuing education hours from the NASW.

National Certified Counselors

TIC is applying for 60 contact hours in continuing education from NBCC.

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.



INSTRUCTORS



Dr. Shari Manning 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).

For more information: http://www.ticllc.org/Shari_Manning.html.



Dr. Erin Miga is a supervising clinical psychologist at The Seattle Clinic, and a member of the clinical faculty of the University of Washington (UW). She completed her doctoral study in Clinical Psychology at the University of Virginia, internship in Adult, Child and Adolescent psychology at a division of Harvard Medical School, and a joint fellowship at UW and Behavioral Tech, the training organization founded by Dr. Linehan. Dr. Miga trained directly with DBT treatment developer, Marsha Linehan, PhD, as a post-doctoral fellow, and has lectured and supervised in DBT for the University of Washington (UW) since 2012. Following her fellowship, Dr. Miga went on to become Assistant Director of Dr. Linehan's training clinic, helping to launch and oversee the Adolescent DBT program at UW. Dr. Miga has written articles on family conflict negotiation and book chapters relating to DBT efficacy and implementation. Starting in 2018, she and her colleagues at The Seattle Clinic have launched a DBT practicum that trains UW and Seattle Pacific University doctoral students.

Dr. Miga's clinical specializations include DBT for teens and adults, Prolonged Exposure for PTSD, and couples work. She also enjoys helping parents and professionals develop mindfulness practices to reduce burn-out, anxiety and increase self-compassion. Dr. Miga is a Certified DBT Clinician by the DBT-Linehan Board of Certification, and volunteers her time as a program site evaluator for the DBT Board of Certification and Accreditation.

For more information: <https://www.ticllc.org/erin-miga--ph.d..html>