

# 5-Day Jump Start in Dialectical Behavior Therapy<sup>®</sup>

Dates: April 29 – May 3, 2019

Instructor: Annie McCall, MA, LMHC

Location: Hosted onsite at Associated Youth Services of Peel (aysp.ca)  
160 Traders Blvd E, Mississauga, ON L4Z 3K7, Canada  
(Near Toronto)

5-Day Jump Start in  
Dialectical Behavior Therapy<sup>®</sup>

The 5-Day Jump Start in Dialectical Behavior Therapy<sup>®</sup> (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 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](http://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](#)<sup>\*</sup>. 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.

*\*Certification as a DBT therapist – please review [www.dbt-lbc.org](http://www.dbt-lbc.org) for more information on requirements for certification.*

*Please note that there are no CEUs available for this training.*

## 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.

Instructors will use PowerPoint presentations, case examples, handouts, role plays and practices to introduce concepts and provide opportunities to assimilate knowledge. There will be homework each evening of the training.

## COURSE SCHEDULE

Day 1	8:30 - 10:15	Introductions/Orientation Introduction to Mindfulness/Practice Dialectics and Dialectical Strategies Communication Strategies Case Management Strategies
	10:15 - 10:30am	Break
	10:30 - 12:00pm	Biosocial Theory Structure of DBT: Population, Modes, Stages and Targets
	12:00 - 1:00pm	Lunch (provided)
	1:00 - 2:30 pm	Structure of DBT: Population, Modes, Stages and Targets (cont)
	2:30 - 2:45pm	Break
	4:15 - 4:30pm	Structure of DBT: Population, Modes, Stages and Targets (cont) Starting with a Solid Foundation Pre -Treatment Q&A, Evaluations
Day 2	8:30 - 10:15am	Mindfulness Homework Acceptance Strategies: Validation
	10:15 - 10:30am	Break
	10:30 - 12:00pm	Structuring Individual Therapy Sessions Targeting with Diary Cards
	12:00 - 1:00pm	Lunch (provided)
	1:00 - 2:30pm	Change Strategies: Behavior Therapy Behavioral Chain Analysis
	2:30 - 2:45pm	Break
	2:45 - 4:15pm 4:15 - 4:30pm	Behavioral Chain Analysis (continued) Q&A, Evaluations
Day 3	8:30 - 10:15am	Mindfulness Homework Behavioral Chain Analysis (continued)
	10:15 - 10:30am	Break
	10:30 - 12:00pm	Generating Hypotheses from Chain Analyses Solution Analysis: Problem Solving Solution Analysis: Exposure
	12:00 - 1:00pm	Lunch (provided)
	1:00 - 2:30pm	Solution Analysis: Exposure (continued)
	2:30 - 2:45pm	Break
	2:45 - 4:15pm 4:15 - 4:30pm	Solution Analysis: Skills and Coaching Q&A, Evaluations

Day 4	8:30 - 10:15am	Mindfulness Homework Solution Analysis: Contingency Management Solution Analysis: Cognitive Modification
	10:15 - 10:30am	Break
	10:30 - 12:00pm	Solution Analysis: Cognitive Modification (continued) Behavioral Strategies: Orienting Didactic Commitment
	12:00 - 1:00pm	Lunch (provided)
	1:00 - 2:30pm	Suicide Assessment
	2:30 - 2:45pm	Break
	3:00 - 4:15pm	Suicide Interventions Hospitalization
	4:15 - 4:30pm	Q&A, Evaluations
Day 5	8:30 - 10:15am	Mindfulness Homework Treating Therapy Interfering and Destroying Behaviors Treating In-Session Dysfunctional Behaviors
	10:15 - 10:30am	Break
	10:30 - 12:00pm	Secondary Targets Telephone Consultation
	12:00 - 1:00pm	Lunch (provided)
	1:00 - 2:30pm	Consultation Team
	2:30 - 3:00pm	Q&A, Evaluations

## 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 DBT;
6. Begin conducting DBT treatment with an individual client;
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. Describe the four modules of skills in DBT;
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.

## 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-lbc.org](http://www.dbt-lbc.org). Please note that this the only official site for DBT Certification.

## 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.

## TUITION & REGISTRATION

**Regular rate:** \$1375 (USD) per person (includes lunch each day)

**Early payment rate:** \$1175 (USD) per person (save \$200 per person) (includes lunch each day)  
To qualify for the early payment rate, tuition must be received in full by March 22, 2019.

**Group rate:** \$1175 (USD) per person (save \$200 per person) (includes lunch each day)  
To qualify for the group rate, 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.

### Registration:

Register online at [www.ticllc.org](http://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 April 20, 2019. Registration is not guaranteed until 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 April 15, 2019. 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.

## INSTRUCTOR

**Annie McCall** began practicing DBT as a skills trainer in community mental health in 2003. She spent several years at the Behavioral Research and Therapy Clinics as a research therapist and skills co-leader on Marsha Linehan's team. In her private practice, Annie co-founded Youth and Family DBT in Seattle, and provided individual DBT therapy to adults and adolescents, as well as leading multi-family DBT skills groups and parent coaching workshops.

Annie has been teaching DBT in professional settings since 2009 and has had the opportunity to consult with providers across the spectrum of treatment contexts: outpatient, inpatient, residential, forensic, day treatment, and schools. Annie's experiences as a high school teacher give her a unique perspective in the mental health field, particularly in coaching skills trainers how to manage group behavior and bring skills to life.

Annie is also a certified provider and supervisor of Prolonged Exposure treatment. She participated as a therapist in the development of DBT-PE, and has provided training with treatment developer Melanie Harned, PhD.

Annie is a DBT- Linehan Board of Certification, Certified DBT Clinician, and volunteers for the certification board scoring work samples.

::

*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)**

6327 46th Avenue SW, Suite 1A, Seattle, WA 98136

(206) 251-5134

[www.ticllc.org](http://www.ticllc.org)

If you have questions about registering for this course please contact Cindy Best at [cbest@ticllc.org](mailto: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](mailto:hbest@ticllc.org) or (206) 251-5134.