

Skills Training in Dialectical Behavior Therapy: The Essentials

October 27 and 28, 2008 , King of Prussia, PA

Charles Swenson, M.D. and Stacy Shaw Welch, Ph.D.

Training Description

This two-day training covers the fundamentals of Dialectical Behavior Therapy (DBT) Skills: Core Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness. Participants learn how to set up a group, the group goals and guidelines, begin to teach skills, be a co-leader, identify and solve common problems in skills groups, make skills lectures come alive, give meaningful homework assignments, and review homework assignments in a way that promotes active engagement with different client populations and settings. Instructors will use lecture, practice assignments, role-play, homework review, and question and answer to provide participants with a practical, experiential learning environment. This course is designed for all mental health professionals who want to learn to teach or to improve their teaching of DBT skills to clients. Participants should have read Linehan's (1993) Skills Training Manual for Treating Borderline Personality Disorder prior to attending the training.

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Learning Objectives

- Participants will learn the content of four skills training modules of DBT: Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness.
- Participants will learn to apply relevant DBT strategies within psycho-educational skills training.
- Participants will learn how to organize and structure skills training classes for clients.
- Participants will learn how to treat therapy-interfering behaviors of clients and therapists.

Training Schedule

Day 1

7:45	Registration, CE/CME Sign-in, and Continental Breakfast
8:30	Skills as a Part of Comprehensive DBT
10:00	Break
10:15	Getting a Skills Training Group Started
12:00	Lunch on your Own/Complete Homework from A.M. Session
1:15	Core Mindfulness Skills
2:45	Break
3:00	Distress Tolerance Skills
4:15	Homework Assignment, Q & A, Completion of Evaluation, and CE/CME Sign-out

Day 2

7:45	Homework Assignment, Q & A, Completion of Evaluation, and CE/CME Sign-out
8:30	How to Review Homework and Teaching
10:00	Break
10:15	Emotion Regulation Skills Module
12:00	Lunch on your Own/Complete Homework from A.M. Session
1:15	Interpersonal Effectiveness Skills Module
2:45	Break
3:00	The Role of Co-Leaders in Skills Training Group
3:15	Treating Client and Therapist Therapy-Interfering Behaviors
4:00	Q & A, Completion of Final Evaluation, and CE/CME Sign-out

*Please note: you must sign in and sign out each morning and afternoon to receive continuing education credits.

Dialectical Behavior Therapy

Dialectical Behavior Therapy (DBT), developed by Marsha Linehan, Ph.D., ABBP, at the University of Washington, is a comprehensive cognitive-behavioral treatment for borderline personality disorder (BPD). DBT is especially effective for those with chronic suicidal or other severe, dysfunctional behaviors. Research has shown DBT to be effective in reducing suicidal behavior, psychiatric hospitalization, dropout from treatment, substance abuse, anger and interpersonal difficulties.

Instructors

Charlie Swenson, M.D., graduated from Harvard College and Yale Medical School. He joined the faculty of Cornell University Medical College in 1982, where for five years he directed a long-term psychoanalytically-oriented inpatient program for patients with personality disorders. Beginning in 1987, Dr. Swenson developed and directed inpatient, outpatient, and day treatment programs for borderline patients based on Dialectical Behavior Therapy. Twice he was voted Teacher of the Year by the psychiatric residents (1990, 1993). While at Cornell, he served as a DBT trainer and consultant throughout the United States and Europe, coordinating statewide implementation of DBT in the public sectors of Illinois, Connecticut, Massachusetts, and the Canadian province of New Brunswick.

Dr. Swenson has published widely on the treatment of borderline patients, including one article comparing Kernberg's psychoanalytic approach to DBT (1989), one article describing the inpatient application of DBT (2001), one article identifying the factors leading to DBT's popularity (2001), and one article identifying the barriers and strategies for implementing DBT in community mental health centers (2002). During 1996 he served as the Coordinator of Clinical Training in DBT. From 1997 to the present he was Associate Professor of Clinical Psychiatry for the University of Massachusetts Medical Center, and from 1997 to 2001 he served as Area Medical Director for the Western Massachusetts Area of the Department of Mental Health. Currently Dr. Swenson is in private practice in Northampton, Massachusetts, and serves as a senior trainer and senior consultant for Behavioral Tech, LLC.

Stacy Shaw Welch, Ph.D. is the Director of Research and Development at the DBT Center of Seattle. The DBT Center is part of the Evidence Based Treatment Centers of Seattle, PLLC, where Dr. Welch is a founding member and also directs the Anxiety and Stress Reduction Center of Seattle. Dr. Welch was personally trained and mentored by Dr. Marsha Linehan, the developer of DBT, for over five years during her doctoral work in clinical psychology at the University of Washington. She has been active in research and treatment involving borderline personality disorder, suicide/non-suicidal self-injury and DBT since 1998. She also worked as a research therapist in Dr. Linehan's lab, providing individual psychotherapy, skills training, and supervision. Dr. Welch has written and presented numerous theoretical and research papers on suicidal behavior and DBT, and has also received grant funding from the National Institute of Mental Health to study the mechanisms maintaining chronic self-injurious behavior. She has trained and consulted to other treatment providers all over the United States. In addition to her work in suicide prevention, non suicidal self-injury, and emotion regulation, Dr. Welch has had a longstanding interest in anxiety disorders, trauma and body-focused repetitive behaviors (such as trichotillomania). She completed her doctorate in clinical psychology at the University of Washington, where she received specialized training in the treatment of anxiety related disorders. She did postdoctoral work at the Trauma and Anxiety Recovery Program at Emory University School of Medicine, where she worked under Dr. Barbara Rothbaum, an internationally recognized expert in the field. She maintains a private practice including both DBT and anxiety-focused treatments, is conducting ongoing research and regularly publishes articles in scientific journals, and is very active in projects helping disseminate evidence based practices.

Tuition

Register by August 25, 2008	\$275.00
Register between August 26, 2008 and September 26, 2008	\$300.00
Register between September 27, 2008 and October 27, 2008	\$345.00
Students*:	\$200.00
Groups (5 or more)**:	\$250.00

* With proof of current enrollment (i.e., copies of current class schedule or student ID).

** Fee is per person. All registration forms and fees must be sent in at the same time, no less than 10 days prior to the training.

Registration

Complete registration form and submit with payment to secure your reservation.

By Check - Mail completed registration form and payment to:
Behavioral Tech, LLC, 2133 Third Avenue, Ste. 205 , Seattle, WA 98121 .

By Credit Card (Discover, MasterCard or Visa)

- Mail completed registration form to **Behavioral Tech, LLC.**
- Fax registration form to **(206) 675-8590.**
- Register on-line at **www.behavioraltech.org.**
- Call in registration to **(206) 675-8588 x 100.**
- Sorry, we are unable to accept purchase orders or American Express.

If you require special accommodations due to a disability, please contact Behavioral Tech at (206) 675-8588, x100, four weeks prior to the training so that we may provide you with appropriate service.

Behavioral Tech, LLC is not responsible for any presenter's or participant's statements, acts, materials or omissions. The use of audio or video taping devices is not permitted at any training. We reserve the right to cancel the training event or to change the speakers and content at our sole discretion.

Cancellations, Substitutions, and Refunds

Registration fees, minus a \$50 service charge, will be refunded to participants who send a written cancellation postmarked no less than 15 days before the training. No refunds will be made thereafter. A colleague may be substituted for no extra charge if Behavioral Tech, LLC is notified at least two business days before the training event.

Training Location

Radisson Hotel Valley Forge
1160 First Avenue
King of Prussia, PA 19406

Accommodations

Radisson Hotel Valley Forge 610-337-2000 or 888-267-1500

Accreditation Statements & Continuing Education Information

This offering meets the requirements for the following hours by discipline. Licensing/continuing education requirements vary by state. Please contact your state's regulatory authority to verify if this course meets your licensing/continuing education requirements. Inquiries regarding CE for other disciplines not listed may be directed to Behavioral Tech at (206) 675-8588, x105 or via email at ceinfo@behavioraltech.org.

Alcohol and Drug Abuse Counselors: Behavioral Tech is approved by NAADAC, The National Association of Addiction Professionals Approved Education Provider Program, provider #359. This activity is approved for 12.5 contact hours. Behavioral Tech will mail you a letter documenting your attendance upon 100% completion of the activity.

Mental Health Counselors: Behavioral Tech is approved by the National Board for Certified Counselors to offer CE activities for National Certified Counselors. We adhere to NBCC CE guidelines. NBCC authorization #5885. This activity is approved for 12.5 credit hours. Behavioral Tech will mail you a letter documenting your attendance upon 100% completion of the activity.

Psychologists: Behavioral Tech is approved by the American Psychological Association to offer CE for psychologists. Behavioral Tech maintains responsibility for the program and its contents. Behavioral Tech has allocated 12.5 hours of CE within APA guidelines. Behavioral Tech will mail a letter documenting your attendance after 100% completion of the program.

Social Workers: Pennsylvania: Behavioral Tech, LLC is approved by the NASW, Washington State Chapter, Provider #1975-166, to offer continuing education for Certified Social Workers, Marriage & Family Counselors, and Mental Health Counselors. NASW, WA is an approved provider through the Pennsylvania State Board of Social Works, Marriage & Family Therapists, and Professional Counselors. Behavioral Tech has allocated 12.5 CEU hours for this activity and will mail a certificate of attendance upon 100% completion of this activity.

Nurses: Behavioral Tech, Provider Unit is an approved provider of continuing nursing education by the Washington State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Behavioral Tech has allocated 12.5 contact hours for this activity and will mail a certificate of attendance upon 100% completion of this activity.

Psychiatrists: Behavioral Tech is accredited by the Accreditation Council for Continuing Medical Education to provide CME for physicians. Behavioral Tech designates this educational activity for a maximum of 12.5 hours in category 1 credit towards the AMA Physician's Recognition Award. Each physician should claim only those hours of credit that he/she actually spent in the educational activity. At the end of the training, each M.D. must sign the provided NCR form. Keep the yellow copy and return the white copy to Behavioral Tech.