



Skills Training in Dialectical Behavior Therapy: The Essentials

Training Dates: October 27 and 28, 2008
Location: ,
Instructors: Charles Swenson, M.D. and Stacy Shaw Welch, Ph.D.

Contents of this document:

1. Training description
2. Training objectives
3. Training schedule
4. Training location
5. Instructor biographies
6. Tuition & registration (cancellations, substitutions and refunds)
7. Accreditation statements & continuing education information
8. Recommended products
9. About Behavioral Tech, LLC and Dialectical Behavior Therapy

1. 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.

2. TRAINING OBJECTIVES

As a result of this training, participants will be able to:

- Describe DBT skills training's relationship to the comprehensive treatment.
- Structure a skills training group in his/her setting.
- Describe Mindfulness Skills and lead exercises for each skill.
- Define the Distress Tolerance Skills and lead exercises in each skill.
- Conduct homework review and analysis of a skill.
- Define Emotion Regulation Skills and lead exercises for each skill.
- Define Interpersonal Effectiveness Skills and lead exercises for each skill.
- Describe the role of the leader and co-leader in skills training group.
- Apply protocols for treating therapist and client therapy interfering behaviors.

3. TRAINING SCHEDULE

Day 1

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

Day 2

7:45- 8:30	CE/CME Sign-In and Continental Breakfast
8:30- 10:00	How to Review Homework and Teaching
10:00- 10:15	Break
10:15- 12:00	Emotion Regulation Skills Module
12:00- 1:15	Lunch on your own/Complete Homework from A.M. Session

1:15- 2:45	Interpersonal Effectiveness Skills Module
2:45- 3:00	Break
3:00- 3:15	The Role of Co-Leaders in Skills Training Group
3:15- 4:00	Treating Client and Therapist Therapy-Interfering Behaviors
4:00- 4:30	Q & A, Completion of Final Evaluation, and CE/CME Sign-Out

***CEU NOTE: Behavioral Tech, LLC calculates the 12.5 continuing education credits for this training by the 8:30am start time and 4:30pm end time. 100% attendance is required, as is signing IN and OUT each morning and afternoon, to receive CEUs. Partial credits cannot be issued. Thank you.**

4. TRAINING LOCATION

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This hotel has offered a special rate to the participants of this training. Please make your reservation by .

Accomodations

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

These hotels have offered blocks of rooms at a special rate for training participants. Don't delay, there are a limited number of rooms under the blocks and you must make your reservation at least thirty days before the training to get the special rate. Ask for the "Behavioral Tech, LLC room block rate" when making reservations.

5. INSTRUCTOR BIOGRAPHIES

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.

6. TUITION & REGISTRATION

Register early as trainings have limited capacity. Prices listed below are per person.

Register ONLINE and save \$5 per order.

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 Credit Card (Discover, MasterCard, or Visa; NO purchase orders or American Express):

- Register on-line and save \$5 per order at at www.behavioraltech.org.
- Mail completed registration form to Behavioral Tech, LLC.
- Fax registration form to (206) 675-8590.
- Call in registration to (206) 675-8588 x 100.

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

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.

7. 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.

8. RECOMMENDED PRODUCTS FROM BEHAVIORAL TECH, LLC

Review of the following books is highly recommended prior to attending this training. We are offering **free shipping (Promo Code: FreeShip)** of these items if purchased with your training registration. For more information and to purchase products, please call (206) 675-8588, x121 or visit www.behavioraltech.org.

Cognitive-Behavioral Treatment of Borderline Personality Disorder Text (\$70.00)
Skills Training Manual for Treating Borderline Personality Disorder Text (\$45.00)

Online Learning Modules offered by Behavioral Tech, LLC:

Online Learning: DBT Skills Training
Online Learning: DBT Validation Principles & Strategies
Online Learning: DBT Behavioral Chain Analysis

NEW: DBT at a Glance: An Introduction to Dialectical Behavior Therapy Video

This 3-hour video is a brief overview of Dialectical Behavior Therapy (DBT). DBT experts, Shari Manning, Ph.D. and Tony DuBose Psy.D., use their extensive clinical and training experience to bring this introduction to life. If you are a clinician new to DBT, it is highly recommended that you view this DVD prior to participating in any of our instructor-led trainings. Price: \$35.00; \$20.00 when purchased with training registration (must be purchased in the same transaction). (Note: If training registration is cancelled, Behavioral Tech will retain \$15.00)

9. ABOUT BEHAVIORAL TECH, LLC AND DIALECTICAL BEHAVIOR THERAPY

Behavioral Tech, founded by Marsha Linehan, Ph.D., ABPP, trains mental health care providers and treatment teams who work with complex and severely disordered populations to use compassionate, scientifically valid treatments and to implement and evaluate these treatments in their practice setting. Behavioral Tech develops and applies the most effective and efficient methods of training and provides a range of opportunities to learn state-of-the-art treatments to a competent level.

Behavioral Tech is the only company exclusively authorized to utilize and disseminate Dr. Marsha Linehan's materials for training in Dialectical Behavior Therapy. Due to this relationship, Behavioral Tech always maintains and trains with the most current materials.

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

For more information visit us at www.behavioraltech.org.