

# Options for Introductory Training in Dialectical Behavior Therapy

## Attend a two-day comprehensive introductory DBT workshop

This two-day workshop provides a comprehensive introduction to DBT. Participants will learn a dialectical biosocial theory of borderline personality disorder (used to guide treatment planning), DBT individual treatment strategies and an introduction to skills training.

At the end of this workshop participants will be able to apply some of the basic treatment strategies and to use the treatment manuals to begin a study group in their own clinical settings.

## Attend a two-day DBT skills or DBT for Substance Abusers workshop

**DBT Skills Training:** This two-day workshop covers the fundamentals of DBT Skills Training. It combines the active practice of DBT skills with instruction on the nuts and bolts of teaching DBT skills in different treatment settings.

**DBT for Substance Abusers:** This two-day workshop presents an overview of DBT for Substance Abusers. Participants will learn how cognitive-behavioral strategies are blended with acceptance and mindfulness approaches to help clients who have multiple serious, chronic mental health problems in addition to substance abuse.

Check our workshop schedule at [www.behavioraltech.com](http://www.behavioraltech.com) for a calendar of available training or to register online. Contact us to arrange on-site training for your organization or in your area at **(206) 675-8588**. Ask about our cooperative workshop format if your agency has a tight (or non-existent!) budget for training.

## Use self-guided study

You can start learning DBT by studying the treatment manuals. Contact Guilford Press 1-800-365-7006 or [info@guilford.com](mailto:info@guilford.com) to purchase the manuals—they give discounts for multiple copy orders.

Linehan, M. M. (1993a). *Cognitive behavioral therapy of borderline personality disorder*. New York: Guilford Press.

Linehan, M. M. (1993b). *Skills training manual for treating borderline personality disorder*. New York: Guilford Press.

FYI: Guilford Publications is approved by the American Psychological Association to offer 11 continuing education (CE) credits for psychologists who complete their CE test on Linehan's *Cognitive Behavioral Treatment of Borderline Personality Disorder (1993)*. Contact Guilford directly for further information about the test itself or credits for other disciplines.

## Form a study group

1. Find colleagues who are motivated to learn DBT (e.g., they want to join a study group to learn more about DBT and not because they were coerced to join).
2. Appoint a leader who is willing and able to lead (e.g., can keep the group on track and well-organized).
3. Discuss and agree on the group's goals and how they will be achieved (e.g., discuss and agree on frequency and length of meeting, to do the assignments between meetings, to attend regularly and on time, etc.).
4. Develop a schedule or syllabus. Some teams decide to review only Linehan's text. Others read portions of the text and portions of Linehan's skills training manual. Others add readings on behavioral principles.
5. Sustain motivation by attending to reinforcers. Make the overall experience a positive one. For example, hold the study group in someone's home like a bookclub; have a potluck, order out for food, go to a good restaurant; arrange for CE credits; make the meeting discussion fun and useful.

# Options for Advanced Training in Dialectical Behavior Therapy

We offer a ten-day intensive training course (described below). We can also tailor onsite consultation and advanced training for your team.

## **Ten-day Intensive Training Course in Dialectical Behavior Therapy**

**The Dialectical Behavior Therapy Intensive Training Course:** is designed for those who have learned DBT in One-day or Two-day workshops and/or from self-guided study of the treatment manuals and who are invested in learning DBT to a high standard in order to better implement the treatment in their usual settings.

- Two 5-day sessions                      Training is conducted in two five-day sessions of instruction divided by six to nine months of home study.
- Part I Course Content                      In Part I, lectures, videotapes, and small group exercises are used to teach DBT theory and strategies in-depth.
- Between Sessions Implementation                      Between the first and second sessions, participants consolidate and apply what they have learned with the help of treatment practice assignments and a take-home exam. Between sessions, teams design and begin to implement their own DBT programs or to integrate DBT into an on-going treatment setting.
- Part II Course Content                      In Part II, each team presents their work and receives expert consultation on specific cases and on their program.
- Multi-disciplinary teams                      DBT is a treatment that requires an ongoing consultation team. Therefore, the intensive training is designed for treatment teams, not individual practitioners intending to practice DBT alone.

A DBT team (minimum of 3, maximum of 10) is a group of mental health professionals who meet regularly to assist each other in applying DBT in the practice setting.

## **Training for Community Mental Health Agencies and County or State Systems**

If your goal is to develop staff competencies to implement DBT treatment program(s) in an agency or across a system of providers, there are many ways to learn and progress. We have developed a 'best practice' sequence of training from our experience in working with community mental health networks as well as county and state systems. We are happy to consult with you to design an effective sequence of training for your setting.

# SAMPLE MATERIALS LIST FOR DBT INTENSIVE TRAINING

## Participant Notebook

- Materials List (*Left front pocket*)
- DBT Intensive daily schedule (*Left front pocket*)
- Linehan, M. M. (2002). Intensive participant notebook. (pp. 1-170)
  - \* Appendix I: Research on DBT (pp. 113-139)
  - \* Appendix II: Diagnostic Issues (pp. 140-143)
  - \* Appendix III: BPD and Suicide (pp. 144-145); Suicide Crisis Protocol (pp. 146-156)
  - \* Appendix IV: Adaptations of DBT (pp. 157-164)
  - \* Appendix V: Skills Modules (pp. 165-170)
- Linehan, M. M. (2002). Suicide Binder. (pp. 171-190)
- Problem Solving Worksheets
  - \* DBT First Session (pg. 191)
  - \* DBT In-Session Response to Dysfunctional Behavior (pg. 192)
  - \* How to Handle Calls When Your Client is LONELY (pp. 193-194)
  - \* Treating Willfulness (When It Shows Up) (pg. 195)
  - \* Linehan, M. M. (1995). Guidelines for DBT behavioral chain analysis of problem behavior: Worksheet & Instructions. (pp. 196-204)
  - \* Behavioral Analysis Definition (pp. 205-207)
  - \* Defining Problems Behaviorally and accompanying quiz (pp. 208-209)
  - \* Options for Responding to Any Problem (pg. 210)
  - \* Dialectical Abstinence and Parasuicide (pg. 211)
- Getting from Assessment to Treatment (pg. 212)
- Milieu and Outpatient Correction/Overcorrection Protocol (pp. 213-214)
- Mindfulness Instructions (pp. 215-216)
- Synonyms for Behavioral Terms (pg. 217)
- Recommended Reading list (pp. 218-226)
- Diary Card Examples (*Left front pocket*)
- Linehan, M. M. (1997). Validation and psychotherapy. In A. Bohart & L. Greenberg (Eds.), Empathy and Psychotherapy: New Directions to Theory, Research, and Practice. (pp. 353-392). Washington DC: American Psychological Association. (*Left front pocket*)
- Gold Award 1998. The Mental Health Center of Greater Manchester, New Hampshire. Integrating dialectical behavior therapy into a community mental health program. Psychiatric Services, 49, 10, 1338-1340. (*Left front pocket*)
- Daily Evaluations (*Right back pocket of notebook and collected each day*)
- Tips for accessing resources at [www.behavioraltech.com](http://www.behavioraltech.com) (*Right back pocket*)
- Participant Survey (*Right back pocket*)
- Opposite Action: Dialectical Behavior Therapy Skills Training Video order form (*Right back pocket*)

## Team Packet: ShareTrain Materials

- DBT Mindfulness
- DBT Consultation Team Sample Schedule, Agreements & Observer Tasks

- Diary Card and Instructions
- Model Drug Abuse DBT Consultation Team Emergency List (ER List)
- Model Suicide DBT Consultation Team Emergency List (ER List)
- Publications on treatment of BPD using DBT
- Koerner, K, & Dimeff, L. A. (2000). Further Data on DBT . Clinical Psychology: Science and Practice, 7, 104-112.
- Koerner, K, & Linehan, M. M. (2000). Research on Dialectical Behavior Therapy for Patients with Borderline Personality Disorder. The Psychiatric Clinics of North America, Borderline Personality Disorder, v23, N1, 151-167.
- Swenson, C. (unpublished). Using the DBT Tree: A DBT Program Review.
- BRTC General Consent Form
- One page Outcome Measure and Instructions
- Annotated Assessment Reference List

## Research Articles

- Bohus, M., Haaf, B., & Stiglmayr, C., et al. (2000). Evaluation of inpatient dialectical-behavioral therapy for borderline personality disorder - a prospective study. Behavior Research and Therapy, 38, 875-887.
- Evans, K., Tyrer, P., Catalan, J., Schmidt, U., Davidson, K., Dent, J., Tata, P., Thornton, S., Barber, J., & Thompson, S. (1999). Manual-assisted cognitive-behavior therapy (MACT): A randomized controlled trial of a brief intervention with bibliotherapy in the treatment of recurrent deliberate self-harm. Psychological Medicine, 29, 19-25.
- Koons, C. R., Robins, C. J., Tweed, J. L., Lynch, T. R., Gonzalez, A. M, G. K., Morse, J. Q., Bishop, G. K., Butterfield, M. I., & Bastian, L. A. (2001). Efficacy of dialectical behavior therapy in women veterans with borderline personality disorder. Behavior Therapy, 32, 371-390.
- Linehan, M. M., Armstrong, H. E., Suarez, A., Allmon, D., & Heard, H. L. (1991). Cognitive-behavioral treatment of chronically parasuicidal borderline patients. Archives of General Psychiatry, 48, 1060-1064.
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- Linehan, M. M., Rizvi, S. L., Welch, S.S. & Page, B. (2000) Psychiatric Aspects of Suicidal Behaviour: Personality Disorders. In K. Hawton & K. van Heeringen (Eds.), International handbook of suicide and attempted suicide, pp.147-178. Sussex, England: John Wiley & Sons .
- Lynch, T. R., Morse, J. Q., Mendelson, T., & Robins, C. J. (under review). Dialectical Behavior Therapy for Depressed Older Adults: A Randomized Pilot Study.
- Sanderson, C. Swenson, C., & Bohus, M. (2002). A critique of the American psychiatric practice guideline for the treatment of patients with borderline personality disorder. Journal of Personality Disorders, April, 16(2), 22-9.
- Soloff, P. H. (2000). Psychopharmacology of borderline personality disorder. Psychiatric Clinics of North America, 23 (1), 169-92.
- Stiglmayr, C. H., Shapiro, D. A., Stieglitz, R. D., Limberger, M., Bohus, M. (2001). Experience of aversive tension and dissociation in female patients with Borderline Personality Disorder - a controlled study. Journal of Psychiatric Research, 35 (2), 111-118.
- Sanderson, C. Swenson, C., & Bohus, M. (2002). A critique of the American psychiatric practice guideline for the treatment of patients with borderline personality disorder. Journal of Personality Disorders, April, 16(2), 22-9.

- Swenson, C.R., Sanderson, C., Dulit, R., & Linehan, M.M. (2001). The application of dialectical behavior therapy for patients with borderline personality disorder on inpatient units. Psychiatric Quarterly, 72 (4), 307-325.
- Telch, C. F., Agras, W. S., & Linehan, M. M. (2000). Group dialectical behavior therapy for binge eating disorder: A preliminary uncontrolled trial. Behavior Therapy, 31, 569-582.
- Telch, C. F., Agras, W. S., & Linehan, M. M. (2001). Dialectical behavior therapy for binge eating disorder: A promising new treatment. Journal of Consulting and Clinical Psychology, 69 (6) 1061-1065.

## CHAPTERS

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