

Beyond the Basics: DBT Individual Therapy in Action

Training Dates: March 25 and 26, 2010
Location: Los Angeles, CA
Instructors: Tony DuBose, Psy.D.

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1. TRAINING DESCRIPTION

Dialectical Behavior Therapy (DBT) provides tools and strategies to increase client and therapist motivation, facilitate change in multiple intransigent, severe disorders, and manage crises and difficult problems that arise in session (e.g., dissociation, attacking the therapist, refusing to speak, etc.). Topics will include details and nuances of first sessions of individual psychotherapy in DBT (behavioral assessment, goal setting, getting a commitment), suicide risk assessment, using a hierarchy to target when multiple dysfunctional behaviors are present at one time, treating therapist burnout, completing accurate chain analysis, and making a determination about when to move clients into exposure treatment.

This training is geared towards individual psychotherapists who:

- Have some experience, a working knowledge, and/or prior training in DBT
- Want to hone their individual psychotherapy skills.

Note: There will not be an overview of Dialectical Behavior Therapy.

DBT INDIVIDUAL THERAPY FUNDAMENTALS CERTIFICATE

Participants can now receive a DBT Individual Therapy Fundamentals Certificate by attending *Beyond the Basics: DBT Individual Therapy in Action* and completing *Online Learning: DBT Validation Principles & Strategies* and *DBT Chain Analysis*. (NOTE: This is not certification in DBT)

2. TRAINING OBJECTIVES

Following this training, participants will be able to:

- Conduct accurate and thorough suicide risk assessments.
- List the components of the first four sessions in individual therapy.
- Demonstrate how to target treatment using a specific hierarchy for multiple problems.
- Describe ways to address potential burnout with clients.
- Conduct complete chain analyses that determine function of behavior as well as solutions.
- List client in-session dysfunctional behaviors and their treatments.
- Describe the treatment for client therapy-interfering behaviors.
- Explain when a multiple problem client is ready to begin exposure treatment for PTSD.

3. TRAINING SCHEDULE

Day 1

7:45- 8:30	Registration, and CE/CME Sign-in
8:30- 10:15	Suicide Risk Assessment
10:15- 10:30	Break
10:30- 12:00	Using the first four sessions of treatment effectively
12:00- 1:15	Lunch on your own
1:15- 2:45	Targeting behaviors when there is more than one dysfunctional behavior
2:45- 3:00	Break

3:00- 4:00 What to do when you are burning out
4:00- 4:30 Q&A, Evaluations, and CE/CME Sign-Out

Day 2

7:45- 8:30 CE/CME Sign-in
8:30- 10:15 Problems in conducting Chain Analysis
10:15- 10:30 Break
10:30- 12:00 Treating in-session behaviors that interfere with treatment and with the client's life
12:00- 1:15 Lunch on your own
1:15- 2:45 Treating therapy interfering behaviors
2:45- 3:00 Break
3:00- 4:00 When is your multiple-problem client ready for exposure treatment?
4:00- 4:30 Q&A, Evaluations, 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

Sheraton Gateway Los Angeles

6101 West Century Blvd., Los Angeles, CA 90045
(800) 325-3535
www.sheratonlosangeles.com

This hotel has offered a special rate to the participants of this training. Please make your reservation by February 24, 2010.

Accommodations

Sheraton Gateway Los Angeles
6101 West Century Blvd.
Los Angeles, CA 90045
Phone: (800) 325-3535
Group Code: Behavioral Tech Room Block
Cut Off Date: February 24, 2010
Single - \$119.00
Double - \$119.00
Parking: Parking: \$10 per day valet; \$23 per day overnight

\$20.00 per additional person added to room rate

To make reservations online, please visit:

<http://www.starwoodmeeting.com/StarGroupsWeb/res?id=1002010746&key=86ECB>

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

Tony DuBose, Psy.D. is a Founding Member and the President of the Evidence Based Treatment Centers of Seattle, which includes the Dialectical Behavior Therapy Center of Seattle and the Anxiety and Stress Reduction Center of Seattle. Dr. DuBose received a doctoral degree in clinical psychology from Pacific University of Oregon. He completed his predoctoral psychology internship at Western State Hospital in Lakewood, WA, and his residency requirements for psychology licensure as a postdoctoral fellow in clinical child psychology through the University of Washington's Department of Psychiatry and Behavioral Sciences. Before training as a psychologist he completed a Master of Science degree in counseling from Loyola University of New Orleans and worked as a family therapist upon completion of that degree. He is licensed as a psychologist by the state of Washington since January 1998. He developed an interest in Dialectical Behavior Therapy (DBT) when working with severely suicidal adolescents at the Child Study and Treatment Center, the state psychiatric hospital for children in Washington, where he served as director of the older adolescent program from 1997 to 2001. He worked as a research therapist in studies on DBT at the University of Washington under the direction of Marsha Linehan, Ph.D., and is a trainer for Behavioral Tech, LLC. His experience includes treatment of adults, adolescents, children, families, inpatient adolescent populations, and persons with substance use disorders. He provides training and consultation to health care professionals in the United States, Canada, Korea, and New Zealand. He holds appointments as a clinical instructor in the Department of Psychology and the Department of Psychiatry and Behavioral Sciences at the University of Washington.

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 January 23, 2010

\$300.00

Register between January 24, 2010 and February 22, 2010	\$325.00
Register between February 23, 2010 and March 25, 2010	\$370.00
Students*:	\$225.00
Groups (5 or more)**:	\$275.00

* 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, LLC is approved by the NAADAC2– the Association for Addiction Professionals, Provider # 359. This activity is approved for **12.5 contact hours. Behavioral Tech will mail you a letter documenting your attendance upon successful completion of the activity.**

Mental Health Counselors: Behavioral Tech, LLC is approved by the National Board for Certified Counselors to offer continuing education activities for National Certified Counselors. We adhere to NBCC continuing education guidelines, NBCC Authorization # 5885. This activity is approved for **12.5 credit hours. Behavioral Tech will mail you a letter documenting your attendance upon successful completion of the activity.**

Nurses: Behavioral Tech 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, LLC is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education 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 & return the white copy to Behavioral Tech.**

Psychologists: Behavioral Tech, LLC is approved by the American Psychological Association to offer continuing education for psychologists. Behavioral Tech maintains responsibility for the program and its content. Behavioral Tech has allocated **12.5 hours of CE within APA guidelines. Behavioral Tech will mail you a letter documenting your attendance after successful completion of the program.**

Social Workers: In accordance with the provisions of the Division 2 Chapters 13 and 14 of the Business and Professions Code, Behavioral Tech, LLC is approved as a Continuing Education Provider for MFCC and LCSW licensure in the state of California. Provider number is PCE 1776. Course meets the qualifications for **12.5 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences.**

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.