

Beyond the Basics: DBT Skills Essentials in Action

Training Dates: April 15 and 16, 2010
Location: Indianapolis, IN
Instructors: Annie McCall, M.A., LMHC

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

DBT Skills Training is the mode of treatment in comprehensive Dialectical Behavior Therapy (DBT) in which clients learn and practice new behaviors. This two-day training covers the fundamentals of running a skills training group. Participants learn how to set up a group, group goals and guidelines, 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.

This course addresses problems that occur when teaching the specific skills but does not teach the skills themselves.

Participants are expected to be familiar with DBT behavioral skills, and be prepared to teach some of the skills to the training group. At a minimum, participants should have read Linehan's (1993) Skills Training Manual for Treating Borderline Personality Disorder prior to attending the training. **The training assumes that therapists have a basic knowledge of the treatment and want to increase competence at offering DBT skills.**

This training is geared towards mental health professionals who:

- Have some experience, a working knowledge, and/or prior training in DBT Skills;
- Want to learn to teach, or to improve their teaching of DBT Skills to clients.

DBT SKILLS TRAINING FUNDAMENTALS CERTIFICATE

Participants can now receive a DBT Skills Training Fundamentals Certificate by attending *Beyond the Basics: DBT Skills Essentials in Action* and completing *Online Learning: DBT Skills Training*, a 20-hour online course in DBT Skills Training. (NOTE: This is not certification in DBT)

2. TRAINING OBJECTIVES

Following this training, participants will be able to:

- Lead mindfulness practices in skills training group.
- Describe how to structure for skills training group.
- Teach acceptance based skills.
- Teach change based skills.
- Assign effective homework assignments.
- Demonstrate how to solve problems that arise during group.
- Define the roles of the leader and co-leader.

3. TRAINING SCHEDULE

Day 1

7:45- 8:30	Registration, and CE/CME Sign-in
8:30- 8:45	Mindfulness
8:45- 9:30	Leading Mindfulness Practices
9:30- 10:15	Structuring Skills Training Groups
10:15- 10:30	Break
10:30- 11:15	Structuring Skills Training Groups (continued)

11:15- 12:00 Assigning Homework
 12:00- 1:15 Lunch on your own
 1:15- 2:45 Acceptance Based Skills (Mindfulness, Distress Tolerance)
 2:45- 3:00 Break
 3:00- 4:00 Demonstration and Feedback on Teaching Acceptance Skills
 4:00- 4:30 Q&A, Evaluations, and CE/CME Sign-Out

Day 2

7:45- 8:30 CE/CME Sign-In
 8:30- 8:45 Mindfulness
 8:45- 9:15 Leading Mindfulness Practices
 9:15- 9:45 Homework Review
 9:45- 10:15 Problems that arise in Homework Review
 10:15- 10:30 Break
 10:30- 12:00 Change Based Skills (Interpersonal Effectiveness & Emotion Regulation)
 12:00- 1:15 Lunch on your own
 1:15- 2:45 The Roles of Leaders and co-Leaders
 2:45- 3:00 Break
 3:00- 4:00 Treating problems that arise in group
 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

Indianapolis Marriott Downtown

350 West Maryland St., Indianapolis, IN 46225
 (877) 640-7666
 www.indymarriott.com

This hotel has offered a special rate to the participants of this training. Please make your reservation by March 15, 2010.

Accommodations

Indianapolis Marriott Downtown
 350 West Maryland St.
 Indianapolis, IN 46225
 Phone: (877) 640-7666
 Cut Off Date: March 15, 2010
 Single - \$159.00
 Double - \$159.00
 Parking: \$15.00 per hour or \$27.00 per day

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

Annie McCall completed her Master's degree in psychology at New York University in 2000. She has worked as a research therapist with Dr. Marsha Linehan, both as an individual therapist and skills co-leader, studying the use of DBT in treating adult women with BPD, and treating adults with co-morbid BPD and opiate addiction. Annie is co-founder of Youth and Family DBT of Seattle, and is the leader of a multi-family DBT skills group. In addition, Annie provides individual DBT therapy to adolescents and adults, and is a member of the Mapleleaf DBT consultation team. She also provides supervision to graduate students in Dr. Linehan's lab at the University of Washington. Annie completed intensive training in 2008.

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 February 13, 2010	\$300.00
Register between February 14, 2010 and March 15, 2010	\$325.00
Register between March 16, 2010 and April 15, 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, x100 or via email at ceinfo@behavioraltech.org.

Alcohol and Drug Abuse Counselors: Behavioral Tech, LLC is approved by the NAADAC – 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: Behavioral Tech is an approved provider by the NASW, WA chapter, provider #1975-166. This workshop has been approved for **12.5 hours of CEUs**. **Certified Social Workers, Certified Marriage and Family Therapists, and Certified Mental Health Counselors are Eligible**. **Behavioral Tech will mail you a certificate of attendance upon 100% completion of the program.**

Social Workers: Indiana: This training has been approved by the NASW Indiana Chapter for **12.5 NASW Social Work Continuing Education Hours**. Behavioral Tech will mail a certificate of attendance upon 100% completion of this activity.

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.