

## **Dialectical Behavior Therapy: Updates to Emotion Regulation and Crisis Survival Skills**

Training Dates: May 10 and 11, 2010  
Location: Needham, MA  
Instructors: Marsha Linehan, Ph.D., ABPP

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### **1. TRAINING DESCRIPTION**

Every one of us needs the ability to regulate emotions. The more intense and labile emotions are, the more emotion regulation skills are needed. Individuals entering into psychotherapy often experience high emotional arousal –usually shame, anger, sadness and fear. The various behavioral disorders are often rooted in how emotions are experienced and regulated. Many individuals try to regulate emotions by instructing themselves not to feel the emotion or by avoiding them in other ways. Instruction and coaching in emotion regulation skills and strategies for getting through crises without making things worse is often necessary in psychotherapy no matter what the approach and no matter what the presenting problem.

Dialectical Behavior Therapy (DBT) is an empirically supported treatment for individuals with severe emotion regulation problems. Part of the treatment consists of teaching and coaching individuals in very specific emotion regulation and crisis survival skills. The DBT Emotion Regulation skills have recently been updated to make them more effective with behavioral change and keep them current with emotion research. Participants will learn an overview of these specific skills, including advances that have been made to the original skills set in DBT, and how to integrate these skills into their clinical practice.

### **2. TRAINING OBJECTIVES**

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

- Describe to others what emotions are and how they function.
- Coach clients in changing emotional reactions to situations.
- Conduct problem solving and Opposite Action Skills together.
- Demonstrate to others the skills for reducing negative emotion vulnerability.
- Teach Acceptance Skills of Mindfulness to current emotion, using Crisis Skills when the emotion is too high.

### **3. TRAINING SCHEDULE**

#### **Day 1**

7:45- 8:30	Registration, CE/CME Sign-In, and Continental Breakfast
8:30- 10:15	Observing and Describing Emotions A systems model of emotions and Emotion Regulation
10:15- 10:30	Break
10:30- 12:00	Changing emotional reactions to situations: Checking the facts
12:00- 1:15	Lunch on your own
1:15- 2:45	Changing emotional reactions to situations: Opposite Action
2:45- 3:00	Break
3:00- 4:00	Changing emotional problem situations: Problem solving
4:00- 4:30	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- 10:15	Putting problem solving and Opposite Action together
10:15- 10:30	Break

10:30- 12:00	Changing emotional problem situations by reducing vulnerability to negative emotions. ABC PLEASE Skills
12:00- 1:15	Lunch on your own
1:15- 2:45	Accepting situations you cannot change: Mindfulness to current emotions
2:45- 3:00	Break
3:00- 4:00	Accepting situations you cannot change: Mindfulness to current emotions, cont.
4:00- 4:30	Q&A, Completion of 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

##### **Sheraton Needham Hotel**

100 Cabot Street, Needham, MA 02494  
(781)444-1110

<http://www.starwoodhotels.com/sheraton/property/overview/index.html?propertyID=15>

This hotel has offered a special rate to the participants of this training. Please make your reservation by April 11, 2010.

##### **Accommodations**

Sheraton Needham Hotel  
100 Cabot Street  
Needham, MA 02494  
Phone: (781)444-1110  
Cut Off Date: April 11, 2010  
Single - \$139.00  
Double - \$139.00

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

Marsha Linehan, Ph.D., is a Professor of Psychology, Adjunct Professor of Psychiatry and Behavioral Sciences at the University of Washington and Director of the Behavioral Research and Therapy Clinics, a consortium of research projects developing new treatments and evaluating their efficacy for severely disordered and multi-diagnostic populations. Her primary research is in the application of behavioral models to suicidal behaviors, drug abuse, and borderline personality disorder. She is also working to develop effective models for transferring efficacious treatments from the research academy to the clinical community.

She has received several awards recognizing her clinical and research contributions, including the Louis I. Dublin Award for Lifetime Achievement in the Field of Suicide and the Distinguished Scientist Award from the Society for a Science of Clinical Psychology, American Psychological Association, as well as awards for Distinguished Research in Suicide (American Foundation of Suicide Prevention), Distinguished Contributions to the Practice of Psychology (American Association of Applied and Preventive Psychology), Distinguished Contributions for Clinical Activities, (Association for the Advancement of Behavior Therapy), Distinguished Scientific Contributions to Clinical Psychology (Society of Clinical Psychology) and Lifetime Achievement Award (Clinical Emergencies and Crises Section, American Psychological Association). She is the past-president of the Association for the Advancement of Behavior Therapy, fellow and president-elect of the Society of Clinical Psychology, American Psychological Association, a fellow of the American Psychopathological Association and a diplomat of the American Board of Behavioral Psychology.

The treatment she has developed combines the technology of change derived from behavioral science with the radical acceptance, or "technology of acceptance," derived from both eastern zen practices and western contemplative spirituality. The practice of mindfulness, willingness, and radical acceptance form an important part of her treatment approach.

She has written three books, including two treatment manuals: Cognitive-Behavioral Treatment for Borderline Personality Disorder and Skills Training Manual for Treating Borderline Personality Disorder. She serves on a number of editorial boards, and has published extensively in scientific journals.

She is founder of Marie Institute of Behavioral Technology, a non-profit organization that owns the company she founded, Behavioral Tech LLC, a behavioral technology transfer group. With them she is actively involved in developing effective models for transferring efficacious treatments from the research academy to the clinical community.

#### 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 March 9, 2010

\$300.00

Register between March 10, 2010 and April 8, 2010	\$350.00
Register between April 9, 2010 and May 10, 2010	\$395.00
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](http://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](mailto: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 AMA PRA Category 1 Credits™**. **Physicians should only claim credit commensurate with the extent of their participation in the 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 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. The NASW, MA Chapter accepts this as reciprocal. Behavioral Tech has allocated **12.5 CEU hours for this activity and will mail a certificate of attendance upon 100% completion of this activity.**

**Marriage and Family Therapists: Massachusetts:** This activity has been certified by the Massachusetts Association for Marriage & Family Therapy, Inc. for **12.5** hours of professional continuing education. Certification # PC-08730. Behavioral Tech will mail a certificate of completion to participants upon 100% completion of the 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](http://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](http://www.behavioraltech.org).