

## **Dialectical Behavior Therapy: Treating Adolescents with Multiple Problems**

Training Dates: June 3 and 4, 2010  
Location: Omaha, NE  
Instructors: Tony DuBose, Psy.D. and Michael Hollander, Ph.D.

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### **1. TRAINING DESCRIPTION**

Dialectical behavior therapy is an effective, evidence-based therapy designed to treat individuals with complex, chronic, difficult-to-treat disorders with a combination of Axis I and Axis II diagnoses. Over the past decade, Miller, Rathus, and Linehan have researched and adapted this treatment with adolescents and families, as described extensively in their book, *Dialectical Behavior Therapy with Suicidal Adolescents* (Guilford Press, 2007). Mental health professionals working with multi-problem suicidal adolescents are often stymied by the complex clinical presentations and treatment challenges that arise. These adolescents are often difficult to engage and retain in outpatient treatment. DBT offers practitioners a comprehensive treatment approach that prioritizes life-threatening and therapy-interfering behaviors to keep adolescents safe, stable, and connected to treatment.

This training is designed for all mental health practitioners working with teens and families in a wide range of treatment contexts. Participants will learn the basic principles of DBT as well as relevant adaptations for working with this population. Practitioners will learn specific principles and strategies relevant to individual therapy, family sessions, telephone consultation, and skills training with adolescents and families, including a new skills module called "Walking the Middle Path."

This training will be conducted in a "hands-on" manner, emphasizing clear and practical instruction illustrated in video, role-play demonstrations, small group interactions, and adolescent-friendly mindfulness exercises.

### **2. TRAINING OBJECTIVES**

Following this training, participants will:

- Become familiar with existing treatment outcome research for suicidal multi-problem adults and adolescents.
- Identify how the theory, principles, functions, and modes of comprehensive DBT apply to working with adolescents and families.
- Learn how to convey the biosocial theory to adolescents and families.
- Learn how to employ DBT commitment strategies with adolescents.
- Learn how to target problematic behaviors.
- Learn dialectical dilemmas relevant to adolescents and families.
- Learn how to structure and run a multi-family skills training group.
- Learn how to involve families in DBT.

### **3. TRAINING SCHEDULE**

#### **Day 1**

7:45- 8:30	Registration, CE/CME Sign-In, and Continental Breakfast
8:30- 10:15	Structuring your Adolescent Program
10:15- 10:30	Break
10:30- 12:00	Structuring your Adolescent Program (continued)
12:00- 1:15	Lunch on your own
1:15- 2:45	Individual Therapy with Adolescents
2:45- 3:00	Break
3:00- 4:00	Individual Therapy with Adolescents (continued)
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	Mindfulness Skills Training
10:15- 10:30	Break
10:30- 12:00	Skills Training (continued)
12:00- 1:15	Lunch on your own
1:15- 2:45	Skills Training Telephone consultation  Including families in treatment  Graduate group  Consultation team
2:45- 3:00	Break
3:00- 4:00	Skills Training Telephone consultation  Including families in treatment  Graduate group  Consultation team
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

##### **Embassy Suites Omaha Downtown/Old Mill**

555 South 10th St., Omaha, NE 68102

(402) 346-9000

[http://embassysuites1.hilton.com/en\\_US/es/hotel/OMADTES-Embassy-Suites-Omaha-Downtown-Old-Market-Nebraska/index.do](http://embassysuites1.hilton.com/en_US/es/hotel/OMADTES-Embassy-Suites-Omaha-Downtown-Old-Market-Nebraska/index.do)

This hotel has offered a special rate to the participants of this training. Please make your reservation by May 2, 2010.

##### **Accommodations**

Embassy Suites Omaha Downtown/Old Mill

555 South 10th St.

Omaha, NE 68102

Phone: (402) 346-9000

Cut Off Date: May 02, 2010

Single - \$119.00

Double - \$119.00

Parking: \$8.00/day self park; \$14.00/day valet

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.

Michael Hollander Ph.D, Director of Adolescent Services has been a Senior Affiliate at Two Brattle Center since its inception. Dr. Hollander has been treating Adolescents for over twenty years and has developed an expertise in individual and group therapies, including the use of Dialectical Behavior Therapy with teenagers. He has a strong interest in understanding and treating adolescents who engage in self injurious behavior. Dr. Hollander received his Ph.D in Counseling Psychology from Michigan State University in 1979. He completed a two year Post-Doctoral Fellowship in Adolescent Psychology at McLean Hospital and Harvard Medical School in 1981 at which time he joined the staff at McLean. Dr. Hollander has held several positions at McLean including staff psychologist at the Adolescent Day Service and the Adolescent and Family Treatment Unit, Director of the Adolescent Acute Residential and Partial Program (ART) where he is currently the Senior Consultant. In addition to his McLean appointment Dr. Hollander is on the teaching faculty in the Department of Child Psychiatry at the Massachusetts General Hospital, and an Instructor in Psychology in the Department of Psychiatry of the Harvard Medical School. He is on the Board of Trustees of Tewksbury State Hospital and is the Psychological Consultant to the Willow Hill School in Sudbury MA.

## 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 April 3, 2010	\$300.00
Register between April 4, 2010 and May 3, 2010	\$325.00
Register between May 4, 2010 and June 3, 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](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 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: Nebraska:** This program meets the criteria of an approved continuing education program for mental health practice. Behavioral Tech will send participants a letter documenting their attendance of **12.5 hours upon successful completion of the activity.**

**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. Behavioral Tech has allocated **12.5 CEU hours for this activity and 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](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)  
*Dialectical Behavior Therapy with Suicidal Adolescents 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).