



## 2009 Five-Day Foundational Training in Dialectical Behavior Therapy

Denver, CO

October 26-30, 2009

We field many requests from individuals who are currently members of Intensively Trained teams but who did not attend an Intensive Training with their team. As a result, we offer Five-Day Foundational trainings that cover the standard content taught at the Part I of a Ten-Day Intensive Training. This five-day training is designed specifically for individual or group therapists who are members of an Intensively Trained team but who have not completed Intensive Training themselves. **As in an actual Intensive Training, participants are required to complete homework assignments, a take-home exam, and fully commit themselves to learning the content in order to receive certificates of completion for the training.**

### Course Prerequisites

**In order to attend, a participant must:**

- Be a current member of an Intensively Trained team.
- Be invested in learning DBT to a high standard in order to better implement the treatment in their usual settings. Participants agree to attend and fully participate in the entire training in a willing, committed manner.
- Have learned DBT in one-day or two-day trainings and/or from self-guided study of the treatment manuals.
- Provide a letter from the team leader or another Intensively trained member of the team (if the team leader has not been Intensively trained) that states the applicant is a member of the team and regularly attends team consultation meetings. Your letter should also note your role on the team, who is willing to mentor you, and who will be signing off on your homework. Please note: Applications without an accompanying letter of support will not be accepted.**
- Complete the application and submit the registration fees by **August 14, 2009**.
- Agree to read Linehan's Skills Manual and textbook on DBT prior to attending.

You may order these books by contacting: Barb Bechtold  
Behavioral Tech, LLC  
Phone: 206-675-8588 ext. 121  
Fax: 206-675-8590  
Email: [bbechtold@behavioraltech.org](mailto:bbechtold@behavioraltech.org)

### Key dates to mark on your calendar:

August 14, 2009	Application deadline
Rolling Acceptance	Notification of acceptance (Please allow 1-2 weeks for processing)
August 28, 2009	Final Acceptance Notification
September 25, 2009	Contact Dena Gillette if you need special accommodations due to disability
October 2, 2009	Full tuition payment due
October 26-30, 2009	Training Dates

### **2009 Five-Day Foundational DBT Training**

This five-day foundational DBT training course will be under the direction of **Kathryn Korslund, Ph.D.** and **Ronda Oswald Reitz, Ph.D.** Dates for the training are **October 26-30, 2009** to be held at the Red Lion Denver Central 4040 Quebec St. Denver, CO 80216.

### **Application Process**

Applications for the Five-Day Foundational are due by **August 14, 2009** and **must include a nonrefundable application fee of \$50.00 per person.** Please complete the entire application and write legibly. Application fees are non-refundable and are not a credit towards the tuition. **Applications without application fees and an accompanying letter of support will not be considered.** Notification of acceptance will be made on a rolling basis but please allow 1-2 weeks for processing. The final acceptance notifications after the application deadline will be sent on **August 28, 2009.**

### **Tuition Costs**

**Tuition for the five-day training is \$1300.00 per person.** Each person is expected to attend the entire five days. **Tuition payments are due after acceptance notification, and no later than October 2, 2009.** You risk forfeiture of your approved slot if payment is not received by this date. We accept checks, Discover, MasterCard and Visa. All payments must be in US funds, and we are sorry but we cannot accept foreign checks. Please contact us for information regarding foreign bank transfers. A full refund of the tuition will be made if the refund request is made on or prior to one week before the start of the training.

### **Continuing Education Credit Information**

**PLEASE REMEMBER TO SIGN IN & SIGN OUT EACH DAY TO DOCUMENT YOUR ATTENDANCE.**

**\*100% Attendance is required for Continuing Education Credits.**

**Partial credit will not be awarded.**

**Continuing Education documentation will be mailed 4-6 weeks after the training.\***

**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 is approved by NAADAC, The National Association of Addiction Professionals Approved Education Provider Program, provider #359. This activity is approved for 33 contact hours. Behavioral Tech will mail you a letter documenting your attendance upon 100% completion of the activity.

**Mental Health Counselors:** Behavioral Tech is approved by the National Board for Certified Counselors to offer CE activities for National Certified Counselors. We adhere to NBCC CE guidelines. NBCC authorization #5885. This activity is approved for 33 credit hours. Behavioral Tech will mail you a letter documenting your attendance upon 100% completion of the activity.

**Psychiatrists:** Behavioral Tech is accredited by the Accreditation Council for Continuing Medical Education to provide CME for physicians. Behavioral Tech designates this educational activity for a maximum of 33 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 and return the white copy to Behavioral Tech.

**Psychologists:** Behavioral Tech is approved by the American Psychological Association to offer CE for psychologists. Behavioral Tech maintains responsibility for this program and its content. Behavioral Tech has allocated 33 hours of CE within APA guidelines. Behavioral Tech will mail a letter documenting your attendance after 100% completion of the program.

**Social Workers: CO:** Behavioral Tech has applied to the NASW, CO chapter for continuing education sponsorship. Behavioral Tech has allocated 33 hours for this program. Upon approval, Behavioral Tech will send a certificate of attendance to participants with 100% completion of the program.

### **Information about the Instructors:**

**Kathryn E. Korslund, Ph.D.**, received her undergraduate degrees from the University of Washington and her doctoral degree from the Medical College of Pennsylvania at Hahnemann University. She completed her postdoctoral fellowship under the direction of Dr. Marsha Linehan at the Behavioral Research and Therapy Clinics at the University of Washington. Presently she is a Research Scientist in the Department of Psychology at the University of Washington and the Associate Director of the Behavioral Research and Therapy Clinics. She is a Co-Investigator with Dr. Linehan on her NIMH and NIDA funded research. Dr. Korslund has written book chapters and journal articles on treatment of borderline personality disorder and suicidal behavior and has served as a content editor for a videotape series on behavioral skills. Her clinical experience with DBT focuses on treatment and consultation for adult populations and those with psychotic disorders. She has given several presentations and trainings on DBT in the greater Pacific Northwest.

**Ronda Oswald Reitz, Ph.D.** is the Director of DBT programming and Director of Training for psychology interns at a forensic hospital in Fulton, Missouri. Dr. Reitz provides treatment, supervision, directs research, and develops DBT programming across the hospital's continuum of care. She provides consultation and supervision to staff in both public and private mental health settings in the U.S. Current research projects include a validation of DBT treatment for use with forensic inpatients, and an examination of factors that predict response to this treatment model by patients who have experienced long-term institutionalization.

**\*Faculty Disclosure Statement: Kathryn E. Korslund, Ph.D and Ronda Oswald Reitz, Ph.D.** are not affiliated with nor have any significant financial interest in any organization(s) that may have a direct interest in the subject matter of the presentation or may be co-sponsoring or offering financial support to the course.

### **Behavioral Tech Policies Regarding Faculty Disclosure and Disclaimers:**

#### **Faculty Disclosure**

A conflict of interest may be considered to exist if a continuing education course faculty is affiliated with, or has any significant financial interest, in any organization(s) that may have a direct interest in the subject matter of the presentation or may be co-sponsoring or offering financial support to the course. Situations involving a potential conflict of interest are not inherently bad or wrong, but in accordance with standards for continuing medical education we would like you to be aware of the affiliation/financial interest of your instructors.

#### **Faculty Disclaimer**

When an unlabelled use of a commercial product, or an investigative use not yet approved for any purpose is discussed during an educational activity, we shall require the speaker to disclose that the product is not labeled for the use under discussion or that the product is still investigative.

**Learning Objectives for the Five-Day Foundational Training in DBT:**

1. Participants will be able to discuss the bases of DBT and the populations for which it is effective.
2. Participants will be able to discuss how the diagnosis of Borderline Personality Disorder is reframed in DBT in order to use it as a psychoeducational tool and to organize the treatment goals.
3. Participants will be able to discuss the Biosocial Theory of Borderline Personality Disorder.
4. Participants will learn the modes, the functions, and the typical treatment agreements made in DBT.
5. Participants will be able to discuss the structure, goals, and stages of DBT treatment.
6. Participants will be able to describe the dialectical nature of DBT treatment.
7. Participants will be able to explain the three what and three how skills of core mindfulness.
8. Participants will be able to discuss and describe the behavioral principles of Cue Exposure and Response Prevention.
9. Participants will be able to explain the Problem-Solving strategies and contexts in which they apply.
10. Participants will be able to discuss the self-verification theory that guides application of treatment strategies.
11. Participants will be able to explain validation strategies and contexts in which they apply.
12. Participants will be able to discuss the core theories of DBT and their integration in practice.
13. Participants will be able to discuss communication strategies of DBT and contexts in which they apply.
14. Participants will be able to discuss DBT case management strategies and contexts in which they apply.
15. Participants will be able to discuss telephone and other generalization strategies of DBT.
16. Participants will be able to discuss suicide crisis protocols of DBT.
17. Participants will be able to teach the emotion regulation skills as detailed in the DBT skills training manual.

*Behavioral Tech is not responsible for any presenters' or participants' statements, acts, materials or omissions. The use of audio or video taping devices is not permitted at any activity. Speakers and content are subject to change without notice in the event of circumstances beyond our control.*

*If you require special accommodations due to a disability, please contact  
Dena Gillette at 206.675.8588 x113 by September 25, 2009  
so that we may provide you with appropriate service.*

## CREDIT CARD FORM

Please complete this form when paying application fees with a credit card

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone/Work: \_\_\_\_\_ Phone/Home: \_\_\_\_\_

Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Application Fee: \_\_\_\_\_ people x \$50

Total amount to be charged: \_\_\_\_\_

Discover/MC/Visa Number: \_\_\_\_\_ Exp Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**Tuition payment of \$1300 per participant is due after acceptance notification,  
and no later than October 2, 2009.**

**Five-Day Foundational DBT Training Course**  
**October 26-30, 2009 Denver, CO**

PLEASE NOTE: YOUR APPLICATION WILL NOT BE ACCEPTED WITHOUT AN  
ACCOMPANYING LETTER OF SUPPORT

Name: (Please print or type) \_\_\_\_\_ Degree: \_\_\_\_\_

Employing Organization: \_\_\_\_\_

Position: \_\_\_\_\_ MH Counselor \_\_\_\_\_ SA Counselor \_\_\_\_\_ Nurse \_\_\_\_\_ Psychiatrist \_\_\_\_\_ Social  
Worker  
\_\_\_\_\_ Psychologist \_\_\_\_\_ Occupational/Vocational Therapist \_\_\_\_\_ Other

Work Address:

\_\_\_\_\_  
\_\_\_\_\_

Work Telephone: \_\_\_\_\_

Fax: \_\_\_\_\_

Email: \_\_\_\_\_

The following members of my team have completed an Intensive Training. Please specify the  
Intensive(s) Training(s) he/she/they attended (e.g., Seattle 2000; Northampton 1999):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In what treatment settings will you be or have you been applying DBT? Please check all that  
apply.

- \_\_\_\_\_ Standard Outpatient Clinic  
\_\_\_\_\_ Group Home/Residential  
\_\_\_\_\_ Private Practice  
\_\_\_\_\_ Drug/alcohol clinic  
\_\_\_\_\_ Day Hospital or Partial Hospital Program  
\_\_\_\_\_ Assertive Community Treatment  
\_\_\_\_\_ Other (please specify): \_\_\_\_\_

Do you provide individual DBT therapy? (please circle your answer)

Yes No

If yes, do you collect and review diary cards with your clients each week?

Yes No

If yes, do you provide your client with a tape of the session to review?

Yes No

If yes, do you provide coaching to clients via telephone?

Yes No

Do you provide DBT skills training?

Yes No

What past training in DBT have you received? (check all that apply):

\_\_\_\_\_ Individual supervision from an expert in CBT

\_\_\_\_\_ Team or group supervision (team members supervise one another's tapes)

\_\_\_\_\_ Attended other DBT trainings (please circle):

DBT Skills

DBT for Substance Abusers

Advanced Topics in DBT

Individual Psychotherapy in DBT

How often do you attend your consultation team?

90-100%\_\_\_\_\_ 75-90%\_\_\_\_\_ 50-75%\_\_\_\_\_ Less than 50%\_\_\_\_\_

Do you currently practice mindfulness in your team?

Yes No

What DBT strategies are you most comfortable with?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What DBT strategies are you least comfortable with?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In what other types of therapy have you been trained (psychodynamic, cognitive, family systems, etc)?

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What do you most want to learn at this week's seminar? Please be specific.

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Please give a rough approximation of the number of clients you see in the following categories:

- \_\_\_\_\_ Average number of clients seen daily in individual therapy
- \_\_\_\_\_ Average number of clients seen weekly in individual therapy
- \_\_\_\_\_ Average of chronically suicidal clients seen each day (i.e., chronic SI, repetitive suicide threats)
- \_\_\_\_\_ Average of self-injuring clients seen each day (i.e., self-harm without intent to die)
- \_\_\_\_\_ Number of clients with borderline personality disorder (daily average)
- \_\_\_\_\_ Number of clients with serious and persistent mental illness (chronically mentally ill) seen daily
- \_\_\_\_\_ If you are an outpatient therapist, number of high utilizers of inpatient services (e.g., more than three hospitalizations or any hospitalization for more than 30 days in past two years) seen daily

**NOTE:** Please remember to include a letter from either your team leader or another Intensively Trained member of your team that states you are an active member of your DBT consultation team