

DBT SKILLS TRAINING CONFERENCE

Date:	Thursday, June 8 - Saturday, June 10, 2017
Location:	The Conference Center at Waltham Woods, Waltham, MA
Tuition Fee:	\$795.00
Provided by:	McLean Borderline Personality Disorder Training Institute (BPDTI) The Linehan Institute
CME Credits:	17.25
Course Directors:	Lois Choi-Kain, MD, MEd and Tony DuBose, PsyD
Faculty:	Blaise Aguirre, MD; Alan Fruzzetti, PhD; Michael Hollander, PhD; Joan Wheelis, MD
Prerequisites:	Familiarity with the DBT Skills manual and experience with DBT treatment preferred but not required
Registration:	http://tinyurl.com/DBTskills2017

Course Description

This new offering is a collaboration of the McLean Hospital Borderline Personality Disorders Training Institute and the Linehan Institute. This three-day workshop features prominent DBT masters with combined clinical, academic, and research expertise. It assumes a fundamental knowledge of DBT skills, and will go beyond the content of skills to gain a more sophisticated understanding of how DBT skills fit in the larger treatment context, the research behind skills, and the nuance of application of skills with specific persons in specific situations. A highlight of each day will be the "Debate of the Day," a discussion among trainers where they share their knowledge and clinical experience, and express their opinions about DBT skills and related matters.

The workshop will use lecture, extensive demonstration, and discussion among experts to achieve its objectives. This course is designed for mental health professionals with a basic understanding of DBT skills content who want to develop their application of the skills at a higher level. Participants should have read the DBT Skills Training Manual, Second Edition, and bring a copy of the manual and the DBT Skills Training Manual Handouts and Worksheets (Second Edition) with them to the workshop.

Target Audience

Physicians, nurses, psychologists, social workers, licensed mental health counselors.

Educational Objectives

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

1. Know the evidence for use of specific DBT skills
2. Understand how DBT skills fit in the larger context of DBT
3. Understand the dialectical nature of DBT skills
4. Motivate clients to use DBT skills by linking skills use to the goals of clients
5. Dialectically apply DBT skills
6. Competently help patients employ difficult-to-use skills
7. Know what skills to use in specific situations

Agenda

Day 1: Thursday, June 8

- 08:00 - 08:30: Registration, CE/CME Sign-in
- 08:30 - 10:00: Mindfulness: The skill at the heart of all DBT skills
- 10:00 - 10:15: Break
- 10:15 - 12:00: Walking the Middle Path: The road to dialectical thinking
- 12:00 - 13:15: Lunch
- 13:15 - 14:45: The function of skills training in the context of DBT
- 14:45 - 15:00: Break
- 15:00 - 16:15: Debate of the Day
- 16:15 - 16:30: Review, Q&A, Homework Assignment, Completion of Evaluation, & CE/CME Sign-out

Day 2: Friday, June 9

- 08:00 - 08:30: CE/CME Sign-in
- 08:30 - 10:00: Distress Tolerance: The role of distraction in a mindfulness-based psychotherapy
- 10:00 - 10:15: Break
- 10:15 - 12:00: DBT skills as emotion regulation
- 12:00 - 13:15: Lunch
- 13:15 - 14:45: The interplay of Validation, Emotion Regulation, & Interpersonal Effectiveness
- 14:45 - 15:00: Break
- 15:00 - 16:15: Debate of the Day
- 16:15 - 16:30: Review, Q&A, Homework Assignment, Completion of Evaluation, & CE/CME Sign-out

Day 3: Saturday, June 10

- 08:00 - 08:30: CE/CME Sign-in
- 08:30 - 10:00: Distress Tolerance Skills: Reality Acceptance
- 10:00 - 10:15: Break
- 10:15 - 12:00: Effective coaching: When using certain skills is not useful
- 12:00 - 13:15: Lunch
- 13:15 - 14:45: Generalizing skills to times and places where it counts
- 14:45 - 15:00: Break
- 15:00 - 16:15: Debate of the Day
- 16:15 - 16:30: Review, Q&A, Completion of Evaluation, & CE/CME Sign-out

Faculty Information

Blaise Aguirre, M.D.

Medical Director, 3East Girls Intensive and Step-Down Programs
Assistant Professor of Psychiatry, Harvard Medical School

Tony DuBose, Psy.D.

Chief Training Executive and Director of CE/CME, Behavioral Tech

Lois W. Choi-Kain, M.D., M.Ed.

Director, Adult Borderline Center and Training Institute
Director, McLean Gunderson
Assistant Professor of Psychiatry, Harvard Medical School

Alan Fruzzetti, Ph.D.

Program Director, 3East Boys Intensive Program
Director of Training and Family Services, 3East Continuum

Michael Hollander, Ph.D.

Director of Training, 3East Continuum
Assistant Professor of Psychology, Harvard Medical School

Joan Wheelis, M.D.

Medical Director, Adult DBT Training Clinic, McLean BPDTI
Consultant, Gunderson Programs, McLean Hospital
Assistant Professor of Psychiatry, Part-Time; Harvard Medical School

Jointly Sponsored Continuing Education For

Physicians: McLean Hospital is accredited by the Accreditation Council for continuing Medical Education (ACCME) to provide Continuing medical education for physicians.

McLean Hospital designates this educational activity for a maximum of 17.25 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists:

McLean Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. McLean Hospital maintains responsibility for this program and its content. Participants meeting requirements will receive 17.25 CE credits.

Continuing Education For

Nurses:

This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for 17.25 contact hours of nursing continuing education credit. Advance practice nurses, please note: educational activities which meet the requirements of the ACCME (such as this activity) count toward 50% of the nursing requirement for ANCC accreditation.

Social Workers: Application for social work continuing education credits has been made. Please call 617-855-3195 for the current status of social work accreditation.

Licensed Mental Health Counselors:

McLean Hospital is an NBCC Approved Continuing Education Provider (ACEP[™]) and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. The hospital's provider number is 6085. This program is approved for 17.25 clock hours of CE credit or 17.25 CEUs.

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