



Community Mental Health Centers

DBT: A Life-Saving, Cognitive-Behavioral Treatment

Dialectical behavior therapy (DBT) is a comprehensive treatment developed for individuals with complex clinical presentations and multiple comorbidities. Community Mental Health Organizations (CMHOs) often serve as a societal safety net for individuals suffering from the most severe and persistent disorders, and who often utilize costly emergency and inpatient services. Dysfunctional behaviors like suicide attempts or other impulsive, self-destructive behaviors, are taxing to treat, and CMHC staff may be unprepared to treat these behaviors when they arise.

DBT has been successfully implemented within the public mental health sector where it is typically used for suicidal and self-harming individuals as well as those with a broad range of disorders in which emotion dysregulation plays an important role. Trial results demonstrate a reduction or elimination of problematic behaviors, higher degree of satisfaction by staff providing treatment, and overall savings in mental health care treatment costs.

How DBT Helps

DBT is intended to help people who experience pervasive emotion dysregulation, which means frequent, intense emotional responses that the individual finds difficult to change. In DBT, most problem behaviors are viewed as attempts to change intense emotions or as outcomes of emotion dysregulation. For example, suicidal and self-harming behaviors are often used to reduce painful emotions, whereas difficulty controlling intense emotions may lead to impulsive behaviors and unstable relationships. DBT works by helping clients learn effective strategies for regulating emotions in order to achieve more balanced emotions, behavior, and thoughts.

Clients receive group skills training to learn the DBT skills of mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. In addition, clients receive individual therapy focused on applying the skills and strategies of DBT to help them achieve their specific treatment goals. Clients also receive coaching from their individual therapists between sessions when they need help using DBT skills or for crisis situations. DBT therapists also participate in a therapist consultation team focused on helping them to provide the most effective treatment possible.



Learn DBT with Behavioral Tech

Behavioral Tech is a DBT training company founded by the original developer of DBT, Dr. Marsha Linehan. We have provided DBT training based on the latest research developments since 1997 to over 40,000 people. Whether you are: 1) an individual practitioner or 2) the administrator of a complex system, our expert trainers and varied learning formats can help you meet your DBT training goals. We work with you to implement comprehensive DBT according to the evidence-based model while adapting it to the specific needs of your clinic and clients.

Levels of Training

Four levels of training help you navigate the process of learning DBT. If you have any questions, please contact us at 206-675-8588 or info@behavioraltech.org.

Level 1 - Introductory

Learn about DBT and assess if DBT is right for your practice and your clients.

Level 2 - Essentials

Level 2 options address the essentials of behavior therapy, DBT, and other treatments. These courses are appropriate for clinicians and providers at every stage of professional development.

Level 3 - Comprehensive Training in Standard DBT

Level 3 trainings are the best choice for individuals and teams who seek in-depth training to start a DBT program or train new staff members. These options also meet criteria for DBT certification and are required for anyone interested in Level 4 training.

Level 4 - Advanced Training and Adaptations

Level 4 trainings allow experienced DBT therapists to advance and sustain their DBT knowledge. Learn how to adapt DBT for specific client populations or choose an advanced training designed to address the needs of seasoned DBT clinicians. Advanced trainings are led by world-renowned DBT experts who have pioneered clinical adaptations and research in highly requested, specialized content.

Learning Formats

In-Person Training

In-person events offer participants the chance to learn directly from our first-class training experts. Trainers mix lecture with more experiential learning methods such as role plays, review of footage from real DBT treatment sessions, and discussion. Our current public training calendar can be viewed at: behavioraltech.org/schedule. *Contact us to discuss private training options and how Behavioral Tech can support your agency as you implement DBT.*

Consultation

Consultation services are a personalized way to enhance an individual's clinical skills or grow DBT programs. Consultants can provide support at any level of learning. Schedule consultations as needed or on an ongoing basis.

Online Training

We offer seven self-paced courses that allow you to learn the essentials of DBT and other therapies from work or home. We also have **Online Comprehensive Programs** including: *DBT Foundational*, *DBT Intensive*, and *DBT Intensive Plus* (for individuals needing a DBT consultation team). For more information, visit: behavioraltech.org/training/online-training-courses-2/.

Supplemental Resources

We carry books, CDs, and DVDs to support your learning. These resources are a blend of clinician- and client-focused content.

Webinars

Our webinars feature DBT experts speaking from their areas of specialty. Webinars offer informative overviews of DBT as it is practiced in various settings and populations.