



Behavioral Tech

A Linehan Institute Training Company

www.behavioraltech.org
info@behavioraltech.org

P: +1.206.675.8588
F: +1.206.675.8590

1107 NE 45th Street, Suite 114
Seattle, WA 98105

DIALECTICAL BEHAVIOR THERAPY INTENSIVE TRAINING

ONSITE INSTRUCTOR-LED TRAINING

WELCOME

Thank you so much for your interest in our Dialectical Behavior Therapy Intensive Training™ (Intensive). We would like to provide some information to make the process as clear as possible. The Intensive is a comprehensive course of study including:

1. Preparation

- Guided self-study of DBT® manuals and other required readings
- Online Training (optional)
- Learning Communities (optional)

2. Instruction

- Part 1: Five days of in-person instructor-led lectures, demonstrations, and small group exercises used to teach the foundations of DBT

3. Implementation

- Several months of developing your DBT program and honing DBT clinical skills

4. Practice improvement:

- Part 2: Five days of in-person instructor-led consultation on your specific program and cases, including protocols set for specific treatment problems and adaptations of DBT

The Intensive is designed for teams and is not available for solo providers.

- Individuals who are members of previously trained DBT® teams are eligible for Dialectical Behavior Therapy Foundational Training
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APPLICATION PROCESS & TUITION

- **Applications are made online at the BTECH website, and include a \$50.00 USD fee per each team member**
 - This is an application-based training. Submission of application does not guarantee acceptance to the Intensive.
 - Application fees are non-refundable and are not a credit towards the tuition.
- **Acceptance Notification:**
 - Acceptances are reviewed in the order they are received. Applicants will be notified of acceptance no later than the acceptance date posted for the specific training on the BTECH website.
- **Tuition:**
 - Tuition is based on the number of team members. Please contact BTECH directly or see our website for more information.
 - Full payment is due within 7 business days of notification of acceptance.

Fees and tuition are non-refundable

PREREQUISITES:

- **All team members must read the following prior to Part 1:**
 - Linehan, M. M. (1993a). *Cognitive Behavioral Treatment of Borderline Personality Disorder*. New York: Guilford Press.
 - Linehan, M.M. (2015). *DBT® Skills Training Manual (2nd ed.)*. New York: Guilford Press.
 - Linehan, M.M. (2015). *DBT® Skills Training Handouts & Worksheets (2nd ed.)*. New York: Guilford Press.
 - (*Books can be ordered online at www.behavioraltech.org or by contacting Behavioral Tech at 206.675.8588*).
- In order to attend, a participant must:
 - Be invested in learning DBT to a high standard in order to better implement the treatment in their usual settings.
 - Agree to attend and fully participate in the entire training in a willing, committed manner.

- Products (www.behavioraltech.org/store/):
 - Books:
 - References for clinicians
 - Dr. Linehan's manuals and workbooks
 - Treatments that Work series, Oxford University Press
 - Videos about DBT or BPD, many featuring Dr. Linehan
 - Mindfulness CDs: a wonderful resource for clinicians, friends, and families
- Research & Related DBT Resources (www.behavioraltech.org/Resources):
 - Tools for Clinicians:
 - Research, clinical, and funding resources
 - Mindfulness teachings and exercises
 - DBT-Linehan Board of Certification (DBT-LBC): How BTECH can support you in preparing for Certification

GENERAL SCHEDULE FOR PARTS 1 & 2:

8:00 - 8:30	<i>Registration, Sign-In</i>	2:30 - 3:45	Afternoon Session 2
8:30 - 9:30	Mindfulness	4:00 - 4:50	Closing Session; Assign Homework
9:30 - 10:15	Morning Session 1	4:50 - 5:00	<i>Q & A/ Evaluation, Sign-Out*</i>
10:30 - 12:00	Morning Session 2		<i>*Note that the last day of Parts 1 & 2 end earlier</i>
1:00 - 2:15	Afternoon Session 1		

WHAT TO EXPECT

- The Intensive is a course of study that requires a great deal of time and attention.
- It is essential that all readings and homework be completed on schedule. Training assumes participants have this background information and failure in preparation have a significant negative impact on training.
- Participants must be involved in clinical work so as to apply what is learning in real-life situations.
- During Parts 1 & 2 of the intensive participants must clear their schedules of all other obligations, including scheduled appointments with clients

EXPECTED COURSE MILESTONES

Before Part 1

- Complete required readings
- Commit to functioning as a DBT Consultation Team in the service of client care

During Part 1

- Develop plan for implementation of DBT program
- Determine methods of collecting program evaluation and client outcome data
- Strengthen knowledge of the research, theory, strategies, procedures, and protocols of DBT

After Part 1: The First Week

- Meet weekly as a DBT® Consultation Team. Program Implementation will be initial focus, but should move to clinical work over the course of training
- Begin reading additional required materials

After Part 1: Month 1

- Begin program implementation
- Begin clinical work
- Begin collecting program and client data
- Begin homework assignments

After Part 1: Month 2

- Complete first round of DBT exam

After Part 1: Month 3

- Complete suicide practice calls
- Finalize program description
- Finalize case formulation
- Complete second round of DBT exam and review with Team

After Part 1: Month 4

- Submit program and team description
- Submit case formulation
- Complete homework
- Complete & finalize DBT Exam
- Tally and record team and individual score sheets

During Part 2

- Present consultation questions
- Present basic information about program and case pertinent to consultations
- Plan to read cases and programs each evening
- Develop plans for staying abreast of treatment research
- Develop ongoing implementation and practice improvement plans

After Part 2

- Continue weekly DBT Consultation Team meetings
- Continue to collect data and improve program and practice