



2010 Five-Day Foundational Training in Dialectical Behavior Therapy

Holyoke, MA

October 25-29, 2010

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 workshops 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.**
- Complete the application and submit the registration fees by **October 5, 2010**
- 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

Key Dates to Mark on Your Calendar

October 5, 2010	Application deadline
October 12, 2010	Final notification of acceptance
September 24, 2010	Contact Dena Gillette if you need special accommodations due to disability
October 15, 2010	Full tuition payment due
October 25-29, 2010	Training Dates

2010 Five-Day Foundational DBT Training

This five-day foundational DBT training course will be under the direction of **Charlie Swenson, M.D.** and **Shireen Rizvi, Ph.D.** Dates for the training are **October 25-29, 2010**, to be held at the Wyckoff Country Club, located at 233 Hampton Knolls Road Holyoke, MA 01040.

Application Process

Applications for the Five-Day Foundational are due by **October 5, 2010** 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 round of acceptance notifications will be sent on **October 12, 2010.**

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 15, 2010.** 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

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.

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.

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 33 contact hours for this activity and will mail a certificate of attendance upon 100% completion of this 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. The NASW, MA Chapter accepts this as reciprocal. Behavioral Tech has allocated 33 CEU hours for this activity and will mail a certificate of attendance upon 100% completion of this activity.

Marriage and Family Therapists: Massachusetts: Behavioral Tech, LLC will apply to have this activity certified by the Massachusetts Association for Marriage & Family Therapy, Inc. for 33 hours of professional continuing education. Behavioral Tech will mail a certificate of completion to participants upon 100% completion of the activity.

Information about the Instructors

Charles Swenson, M.D. graduated from Harvard College and Yale Medical School. He joined the faculty of Cornell University Medical College in 1982, where for five years he directed a long-term psychoanalytically-oriented inpatient program for patients with personality disorders. Beginning in 1987, Dr. Swenson developed and directed inpatient, outpatient, and day treatment programs for borderline patients based on Dialectical Behavior Therapy. Twice he was voted Teacher of the Year by the psychiatric residents (1990, 1993). While at Cornell, he served as a DBT trainer and consultant throughout the United States and Europe, coordinating statewide implementation of DBT in the public sectors of Illinois, Connecticut, Massachusetts, and the Canadian province of New Brunswick.

Dr. Swenson has published widely on the treatment of borderline patients, including one article comparing Kernberg's psychoanalytic approach to DBT (1989), one article describing the inpatient application of DBT (2001), one article identifying the factors leading to DBT's popularity (2001), and one article identifying the barriers and strategies for implementing DBT in community mental health centers (2002). During 1996 he served as the Coordinator of Clinical Training in DBT. From 1997 to the present he was Associate Professor of Clinical Psychiatry for the University of Massachusetts Medical Center, and from 1997 to 2001 he served as Area Medical Director for the Western Massachusetts Area of the Department of Mental Health. Currently Dr. Swenson is in private practice in Northampton, Massachusetts, and serves as a senior trainer and senior consultant for Behavioral Tech, LLC.

Shireen Rizvi, Ph.D. received her doctorate in clinical psychology from the University of Washington. She studied borderline personality disorder and DBT for more than five years under the mentorship of Dr. Linehan and worked as a research therapist in Dr. Linehan's research lab, providing individual psychotherapy and skills training. Her dissertation research focused on the use of the DBT skill of "opposite action" to treat shame. She completed her predoctoral clinical internship at the Boston Consortium in Clinical Psychology and an NIMH postdoctoral fellowship at the National Center for PTSD at the Boston VA Healthcare System. Following her fellowship, Dr. Rizvi was Assistant Professor of Psychology at the New School for Social Research in New York City. Beginning in 2009, Dr. Rizvi is Assistant Professor of Psychology at the Graduate School of Applied and Professional Psychology (GSAPP) at Rutgers University. Dr. Rizvi has written and presented numerous theoretical and research papers on BPD, DBT, and trauma. Her areas of research and clinical expertise include shame, treatment development, trauma, and development of mobile technology applications to aid in skills generalization. With colleagues at Behavioral Tech Research, she has received grant support from the National Institute of Drug Abuse to develop a prototype for a DBT skills coaching program to be used on smartphones.

**Faculty Disclosure Statement: Charles Swenson, M.D. and Shireen Rizvi, 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.

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 ext 113 four weeks prior to the training so that we may provide you with appropriate service.

Learning Objectives for the Five-Day Foundational Training in DBT

1. Discuss the DBT research for different populations.
2. Explain the diagnosis of Borderline Personality Disorder as it is reframed in DBT.
3. Describe the biosocial theory of Borderline Personality Disorder.
4. List the modes, the functions, and the typical treatment agreements made by therapists and clients in DBT.
5. Create an implementation plan for the structure, goals, and stages of DBT treatment.
6. Create treatment plans for DBT clients using targeting procedures.
7. Explain the dialectical nature of DBT treatment.
8. Teach the four modules of skills in DBT (Core Mindfulness, Interpersonal Effectiveness, Emotion Regulation and Distress Tolerance).
9. Conduct cue exposure and response prevention.
10. List the steps in problem-solving.
11. Conduct complete behavioral chain analyses
12. Implement the Cognitive-Behavioral strategies in DBT
13. Discuss the self-verification theory that guides application of treatment strategies.
14. Explain validation strategies and contexts in which they apply.
15. List the levels of validation.
16. Demonstrate the different communication strategies of DBT.
17. Explain the DBT case management strategies.
18. Implement discuss telephone and other generalization strategies of DBT.
19. Apply suicide crisis protocols of DBT.
20. List Consultation team agreements used in DBT.

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: _____

**Information regarding travel and accommodations will be provided with your acceptance letter.
Tuition payment of \$1300 per participant is due after acceptance notification
and no later than October 15, 2010.**

Five-Day Foundational DBT Training Course
October 25-29, 2010 – Holyoke, MA

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 workshops (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)?

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

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