

# 2024 Comprehensive DBT Training

## 2-day Workshop & Seminar Series Schedule

### 2-Day DBT Workshop

Mondays, 9:00am – 4:00pm, Via Zoom

Date	Topic	Speaker	Reading / Homework
07/08/24	Introduction to DBT theory, structure, major strategies	Kate Comtois, PhD, MPH	<ul style="list-style-type: none"> <li>Text Ch. 1-4*</li> <li>Optional: Text Ch. 5-6</li> </ul>
07/15/24	Specific concepts and strategies related to DBT including orientation, commitment, suicide intervention, & observing limits	Adam Carmel, PhD	<ul style="list-style-type: none"> <li>Text Ch. 14, 15 and pg. 281-291</li> <li>Optional: Text Ch. 9 and 10</li> </ul>

### Advanced DBT Seminar Series

Mondays, 11:30am – 1:00pm, Via Zoom

#	Date	Topic	Speaker	Reading / Homework
1	7/22/24	Skills Training: Mindfulness	Adam Carmel, PhD	<ul style="list-style-type: none"> <li>Text: pg. 329-343,</li> <li>Skills Manual: Part 1 &amp; Ch. 7</li> <li>Workbook: Mindfulness Skills (pg. 45-107)</li> <li>Check out Mindfulness Exercises for DBT Therapists</li> </ul>
2	7/29/24	Skills Training: Distress Tolerance	Kate Comtois, PhD, MPH	<ul style="list-style-type: none"> <li>Skills Manual: Distress Tolerance</li> <li>Workbook: Distress Tolerance</li> </ul>
3	8/5/24	Skills Training: Emotion Regulation	Freda Liu, PhD	<ul style="list-style-type: none"> <li>Skills Manual: Emotion Regulation</li> <li>Workbook: Emotion Regulation</li> </ul>
4	8/12/24	Skills Training: Interpersonal Skills	Shannon Sorenson, PhD	<ul style="list-style-type: none"> <li>Skills Manual: Interpersonal Skills</li> <li>Workbook: Interpersonal Skills</li> </ul>
5	8/19/24	Treating In Session Therapy Behavior	Kate Comtois, PhD, MPH	<ul style="list-style-type: none"> <li>Chapters 1-9 from: Tsai, M., Kohlenberg, R. J., Kanter, J. W., Holman, G., &amp; Plummer, L. M. (2012). Functional analytic psychotherapy: Distinctive features. Taylor &amp; Francis Group.</li> <li><b>Therapist diary card completed for at least 3 consecutive weeks, 5 of 7 days. Have on hand for class. Upload Diary Cards to Canvas.</b></li> </ul>
6	8/26/24	Didactic, insight, orienting, & commitment strategies	Adam Carmel, PhD	<ul style="list-style-type: none"> <li>Text: pg. 265-291</li> </ul>

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Last Updated: 07/03/24

-	9/2/24	No Session		
7	9/9/24	Phone Coaching	Andrew Fleming, PhD	<ul style="list-style-type: none"> <li>Text: pg. 104, 188-190, 497-504</li> <li>Article: Errors Made by Therapists Providing Telephone Consultation (Manning, 2011)</li> </ul>
8	9/16/24	Validation II	Jenna Melman, LICSW	<ul style="list-style-type: none"> <li>Text: Ch. 8</li> <li>Article: Ch 17_Validation &amp; Psychotherapy (Linehan, 1997)</li> </ul>
9	9/23/24	Behavioral Analysis II and Solution Analysis	Hilary Mead, PhD	<ul style="list-style-type: none"> <li>Text: pg. 97-98, 173-186, 276-278, 289-290</li> <li>Other: Landes (2018) chapter</li> </ul>
10	9/30/24	Contingency Management & Observing Limits	Jon Reeves, PhD	<ul style="list-style-type: none"> <li>Text: Ch. 10</li> <li>Article: Don't Shoot the Dog (Pryor, 2006)</li> </ul>
11	10/7/24	Secondary Targets	Dorian Hunter, PhD	<ul style="list-style-type: none"> <li>Text: pg. 66-94 and 160-164</li> </ul>
12	10/14/24	<i>No live session; Asynchronous Review of pre-recorded presentation on Cognitive Modification</i>		<ul style="list-style-type: none"> <li>Text: pg. 117-119, 423-434</li> </ul>
13	10/21/24	Exposure	Nicole Stettler, PhD	<ul style="list-style-type: none"> <li>Text: pg. 343-358</li> <li>Exposure therapy for anxiety principles and practice (Abramowitz et al., 2012) Ch. 1, 2, 6, &amp; 5</li> </ul>
14	10/28/24	Stylistic Strategies	Liz LoTempio, PsyD	<ul style="list-style-type: none"> <li>Text: Ch. 12</li> </ul>
15	11/4/24	DBT Consultation Team	Jessica Blayney, PhD	<ul style="list-style-type: none"> <li>Text: pg. 117-119, 423-434</li> </ul>
16	11/11/24	<i>No live session; Asynchronous Review of pre-recorded presentation on Adolescent DBT</i>		<ul style="list-style-type: none"> <li>Text: Chap 8, 9, &amp; 10 (Ch 5 optional)</li> <li>Article: DBT Skills Manual for Adolescents (Rath's &amp; Miller, 2015)</li> <li>Article: Efficacy of DBT for Adolescents at High Risk for Suicide (McCauley et al 2018)</li> </ul>
17	11/18/24	Case Formulation - I	Kate Comtois, PhD, MPH	<ul style="list-style-type: none"> <li>Text: Ch. 1-3,</li> <li><b>Have case formulation on hand for class</b></li> </ul>
18	11/25/24	Case Formulation - II	Kate Comtois, PhD, MPH	<ul style="list-style-type: none"> <li>Text Ch. 1-3,</li> <li>Article: Ch 13 Case Formulation in DBT (Koerner &amp; Linehan, 1997)</li> </ul>
19	12/2/24	Case Management	Adam Carmel, PhD	<ul style="list-style-type: none"> <li>Text: Ch. 13</li> </ul>
20	12/9/24	Dialectical Strategies	Grace Gu, PhD	<ul style="list-style-type: none"> <li>Text: Ch. 7</li> </ul>
21	12/16/24	Integrating DBT Principles & Strategies	Adam Carmel, PhD	Online closed and open book exam due by noon

## Readings & Homework

Readings and homework are due before a session. All readings are made available on Canvas except for the required texts below. These can be purchased at the UW Bookstore or Amazon. They sometimes can be checked out from the UW Library.

## \*Required Texts

- “Text” refers to: Linehan, M. M. (1993). Cognitive-behavioral treatment of borderline personality disorder. New York: Guilford.
- “Skills manual” refers to: Linehan (2014) DBT® Skills Training Manual Second Edition

## Select Additional Readings

1. Linehan (2014) DBT® Skills Training Handouts and Worksheets Second Edition
2. Hahn, T. N. (1976). The miracle of mindfulness. Boston: Beacon Press.
3. Pryor, K. (2006). Don't shoot the dog! The new art of teaching and training (revised edition). New York: Bantam.
4. Hall, K. (2013) Mindfulness Exercises for DBT Therapists
5. Abramowitz, J. S., Deacon, B. J., Whiteside, S. P. H. (2011) Exposure Therapy for Anxiety: Principles and Practice (1st Edition). New York: Guilford
6. Miller, A. L. Rathus, J. H. & Linehan, M. M. (2007) Dialectical Behavior Therapy With Suicidal Adolescents New York: Guilford

## Expectations

We recognize that completing this seminar is a big commitment and something that everyone is doing outside of regular work hours. To help support participants' commitment and success, and to provide participants with first-hand experience of behavior principles used in DBT, this seminar will be conducted with expectations like those of DBT skill training groups.

Expectations are adapted from Linehan's (2015) Skills Training Workbook (p. 12):

1. Participants cannot drop out of the seminar. The only way out is to miss 4 consecutive sessions. In the meantime, seminar facilitator(s) will reach out to participants to troubleshoot barriers to attendance and participation.
2. Participants will email [cspartrainings@uw.edu](mailto:cspartrainings@uw.edu) if they are going to be late or absent as a courtesy (these notifications do not excuse absences; 4-miss rule applies to missing for any reason).
3. Participants who join the seminar support each other in their learning.
  - Sign-on or arrive to seminar on time and stay the entire session.
  - Participate fully during the seminar by answering presenter questions, joining group discussions and in-session small group activities (and minimizing offline distractions).
  - Keep your video on throughout the seminar so you are visible to the presenter and participants. (If you are neither visible nor interactive through an entire session, it will count as a miss).
  - Make every effort to complete assigned readings and homework and come to seminar prepared. If you have questions about seminar handouts/notes or what the homework is for each week check in Canvas and consult with your fellow participants before emailing [cspartrainings@uw.edu](mailto:cspartrainings@uw.edu).

## Grading

No grade or course credit is awarded for this training. Homework assignments and exam are self-graded to promote learning. A letter summarizing the training and trainee's participation and achievement will be written. Given that Dr. Comtois is an expert DBT trainer, this letter will stand as adequate documentation for most DBT related jobs.