
5-Day Comprehensive Dialectical Behavior Therapy (DBT) Training

8:00 AM – 9:00 AM (Registration)

9:00 AM – 4:30 PM (Adjourn)

June 4-8, 2018

West Bay Beach Holiday Inn Resort
615 E. Front Street, Traverse City, MI 49686

OR

August 13-17, 2018

Detroit Marriott Livonia
17100 Laurel Park Drive North, Livonia, MI 48152

- This training is designed for CMH, CMH service providers, PIHP, and PIHP service provider staff who are directly responsible for delivering DBT.
- Due to the fact DBT is a comprehensive treatment that treats high-risk individuals, one's core training ought to be comprehensive as well.
- IT IS EXPECTED THAT ALL PARTICIPANTS WILL MAKE A FULL COMMITMENT TO ATTEND ALL 5 DAYS mindfully and will participate fully in discussion, role-plays and complete daily homework assignments.
- Participants are asked to bring a copy of "Cognitive Behavioral Treatment of Borderline Personality Disorder" by Marsha Linehan, PhD, with them to the training.
- COMPLETION OF A 2-DAY INTRODUCTION TO DBT TRAINING OR EQUIVALENT IS A PRE-REQUISITE FOR ATTENDING THIS TRAINING. The DBT Skills will not be covered at this 5-Day Comprehensive training.

Facilitator: Josh Smith, MSW, LMSW, DBT-Linehan Board of Certification, Certified Clinician, Co-Owner of DBT Institute of Michigan

Upon Josh getting his Master's Degree in Social Work in 2002, he became an outpatient therapist for Pines Behavioral Health in Coldwater, Michigan. After leaving Pines, Josh went on to lead numerous DBT program development trainings in all levels of care (inpatient, partial/day programs, outpatient, residential and forensic) for both adolescents and adults. From 2005-2012, he was a trainer in DBT for PESI, LLC. During this time, he gave over 300 lectures on DBT all over the United States. From 2012-2015, he contracted with the Department of Corrections in the State of Wisconsin to help train and develop successful DBT programs within multiple adult correctional facilities. Josh is currently the trainer and consultant in DBT for various agencies across the country. Josh is a Clinical Instructor in the School of Social Work and the Department of Psychiatry at Michigan State University where he teaches DBT to MSW students as well as psychiatry residents. He currently provides supervision to a number of clinicians in DBT from across the country in a variety of settings.

The course objectives are the agenda items below:

AGENDA Day 1

8:00am–9:00am	Registration and continental breakfast
9:00am–10:00am	The reasoning behind the 24 hour rule
10:00am–10:15am	Break
10:15am–11:15am	The reason DBT uses reciprocal communication
11:15am–12:15pm	The reason DBT uses irreverent communication
12:15pm–1:15pm	Lunch
1:15pm–2:15pm	Distinguish between "negotiables" and "non-negotiables"
2:15pm–3:15pm	Translate Stage 1 Target behaviors onto a diary card
3:15pm–3:30pm	Break
3:30pm–4:30pm	Explain the role of pre-treatment in DBT
Adjourn	

Day 3

8:00am–9:00am	Continental breakfast
9:00am–10:00am	"Radical genuineness"
10:00am–10:15am	Break
10:15am–11:15am	First four sessions in pre-treatment
11:15am–12:15pm	Beginning strategies in individual therapy
12:15pm–1:15pm	Lunch
1:15pm–2:15pm	Implement 5 steps to conduct behavioral chain analysis
2:15pm–3:15pm	Reasons behind using behavioral chain analysis
3:15pm–3:30pm	Break
3:30pm–4:30pm	Identify behaviors targeted as "active passivity"
Adjourn	

Day 5

8:00am–9:00am	Continental breakfast
9:00am–10:00am	3 DBT skills that treat "emotional vulnerability"
10:00am–10:15am	Break
10:15am–11:15am	3 DBT skills that treat "self-invalidation"
11:15am–12:15pm	3 arbitrary rules of treating suicidal clients in DBT
12:15pm–1:15pm	Lunch
1:15pm–2:15pm	5 known short-term risk factors for suicide
2:15pm–3:15pm	Roles of individual therapist and team with clients in crisis
3:15pm–3:30pm	Break
3:30pm–4:30pm	Differentiate between consultation-to-the-patient strategies vs. consultation-to-the-environment strategies
Adjourn	

Bibliographies:

1. Linehan, M.M. (1993). *Skills Training for Borderline Personality Disorder*. Guilford Press: New York.
2. Linehan, M.M. (1993). *Cognitive Behavioral Treatment for Borderline Personality Disorder*. Guilford Press: New York.
3. Linehan, M.M. (2014). *DBT Skills Training Manual, 2nd ed*, Guilford Press: New York.

The Michigan Department of Health and Human Services, through the Community Mental Health Association of Michigan, has provided funding for this initiative through Federal Community Mental Health Block Grant.

Day 2

8:00am–9:00am	Continental breakfast
9:00am–10:00am	Identify targeted behaviors as life threatening behavior
10:00am–10:15am	Break
10:15am–11:15am	Identify targeted behaviors as therapy interfering behavior
11:15am–12:15pm	Identify target behaviors as quality of life interfering behavior
12:15pm–1:15pm	Lunch
1:15pm–2:15pm	Three commitment strategies used in DBT
2:15pm–3:15pm	What is validation and why it is used in DBT
3:15pm–3:30pm	Break
3:30pm–4:30pm	6 levels of validation
Adjourn	

Day 4

8:00am–9:00am	Continental breakfast
9:00am–10:00am	Identify behaviors targeted as "apparent competence" and "unrelenting crisis"
10:00am–10:15am	Break
10:15am–11:15am	Identify behaviors targeted as "inhibited grieving" and "emotional vulnerability"
11:15am–12:15pm	Identify behaviors targeted as "self-invalidation"
12:15pm–1:15pm	Lunch
1:15pm–2:15pm	3 DBT skills that treat "active passivity"
2:15pm–3:15pm	3 DBT skills that treat "apparent competence" and "unrelenting crisis"
3:15pm–3:30pm	Break
3:30pm–4:30pm	3 DBT skills that treat "inhibited grieving"
Adjourn	

Who Should Attend? This event is sponsored by the adult mental health block grant and is only intended for persons who serve adults through CMH, CMH Service Providers, PIHP, and PIHP providers in the state of Michigan. This seminar contains content appropriate for medical directors, clinical directors, case workers, support coordinators, and other practitioners at all beginning level of practice.

30 Continuing Education Hours: Social Workers: This course qualifies for a maximum of 30 Social Work Continuing Education Hours. This course is approved by the Michigan Social Work Continuing Education Collaborative-Approval: #041118-00. The Collaborative is the approving body for the Michigan Board of Social Work. Course Delivery Method: Face to Face Seminar.

Substance Abuse Professionals: CMHAM is approved by Michigan Certification Board for Addiction Professionals (MCBAP). CMHAM maintains the responsibility for the program and content. Substance Abuse Professionals participating in this training may receive a maximum of 30 related contact hours. It is important that attendees keep a copy of the training brochure containing the descriptions along with their attendance record form.

Certificate Awarded: At the conclusion of this seminar, bring this form to the CMHAM Staff to be initialed. You will retain the bottom sheet which serves as your certificate of participation. No other certificate will be issued.

Evaluation: There will be an opportunity for each participant to complete an evaluation of the course and the instructor. If you have any issues with the way in which this training was conducted or other problems, you may note that on your evaluation of the conference or you may contact CMHAM at 517-374-6848 or through our webpage at www.cmham.org for resolution.

***National Accreditation rules indicate that if you are over 5-minutes late or depart early, you forfeit your CEUs for the entire training. Please note that this is a National rule that CMHAM must enforce or we could lose our provider status to provide CEUs in the future. This rule will be strictly followed.**

Location(s) and Overnight Accommodations:

June 4-8, 2018

West Bay Beach Holiday Inn Resort, 615 E. Front Street, Traverse City, MI 49686

A block of rooms has been reserved. Call 231-947-3700 and mention you are with CMHAM to receive a \$75 + tax per night rate. Parking is included in your overnight rate.

Deadline for hotel rate: May 10, 2018.

August 13-17, 2018

Detroit Marriott Livonia, 17100 Laurel Park Drive North, Livonia, MI 48152.

A block of rooms has been reserved. Call 734-462-3100 and mention that you are with CMHAM to receive a \$75+ tax per night rate.

Deadline for hotel rate: July 25, 2018.

Training fees: \$189 per person

The fee includes training materials, continental breakfast and lunch for all 5 days.

To Register:

[Click here to register for Traverse City - June 4-8](#)

[Click here to register for Livonia – August 13-17](#)

Training fees: \$189 per person. The fee includes training materials, continental breakfast and lunch for 5 days.

Payment Information:

Payment will be required prior to attendance. Payment methods available in advance and onsite: credit card, check or exact cash.

If payment has not been received, fees will be collected at registration the day of the event unless alternate arrangements are pre-approved by CMHAM. Purchase Orders are not considered payment. All No Shows will be billed the full amount.

If Paying by Check: Make payable to CMHAM and mail to 426 S. Walnut Street, Lansing, MI 48933.

Cancellation Policy: Substitutions are permitted at any time. No-shows will be billed at the full training rate. Cancellations must be received in writing at least 10 business days prior to the conference for a full refund less a \$25 administrative fee. If cancellation is received less than 10 business days prior to the training, no refund will be given.

Questions, contact Chris Lincoln at CMHAM at 517-374-6848 or clincoln@cmham.org