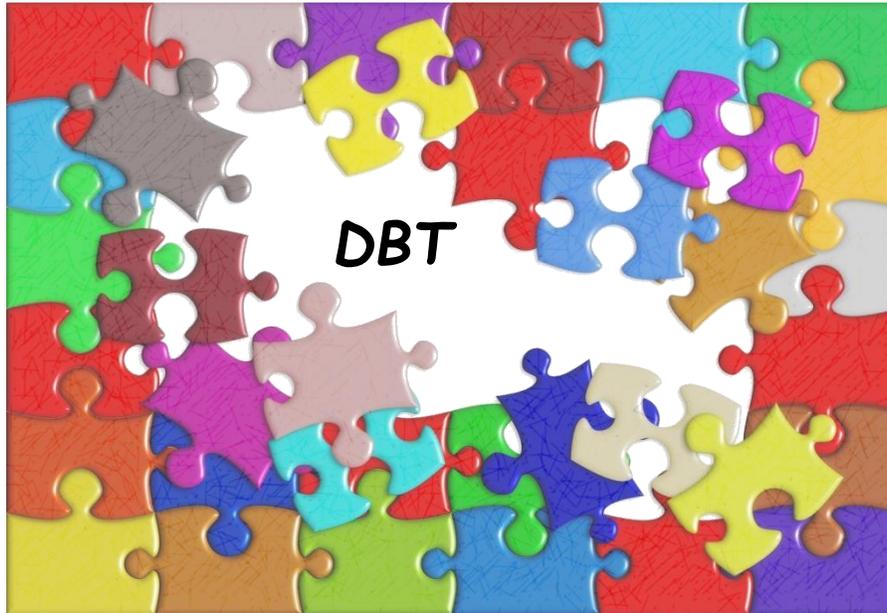


Dialectical Behavior Therapy (DBT) Summit

Thursday, April 19, 2018

Kellogg Hotel and Conference Center
East Lansing, Michigan



The Michigan Department of Health and Human Services & the Community Mental Health Association of Michigan are pleased to host a statewide training opportunity for practitioners interested in advancing their Dialectical Behavioral Therapy skills. Dialectical Behavioral Therapy is an evidence-based method that targets the conditions and symptoms of persons who have Borderline Personality and other character disorders. This unique training opportunity will focus on program development, implementation, sustainability, and impact.

Who Should Attend

This summit is for attendees who have interest in the learning and dissemination of Dialectical Behavior Therapy (DBT) in a Community Mental Health Service Provider (CMHSP) or Pre-Paid Inpatient Health Plan (PIHP) setting or an agency who is a provider for CMHSP or PIHP. This includes administrators, clinical directors, case managers, clinicians, and peer support specialists. This educational opportunity is intended for publicly funded providers at all levels of practice (beginning, intermediate and/or advanced).

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

Dialectical Behavior Therapy (DBT) Summit

Continuing Education:

Social Workers: This course qualifies for a maximum of 7 Continuing Education hours. This course is approved by the Michigan Social Work Continuing Education Collaborative-Approval #032118-00. The Collaborative is the approving body for the Michigan Board of Social Work.

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 the full conference (4/19/18) may receive a maximum of 7 contact hours. Some "Related" workshops may meet MCBAP/IC&RC educational requirements for focused topics in addiction certification domains, such as for Peer Recovery or Supervisor credentials. It is important that attendees keep a copy of the conference program brochure containing the workshop descriptions along with their attendance record form.

Certificate Awarded: Attendees must participate in the entire Keynote or Workshop, and obtain an In Code & Out Code for each session. At the conclusion of this Summit, turn in your completed form to the CMHAM Staff to be initialed. You will turn in the top sheet and retain the bottom sheet which serves as your certificate of credit and/or attendance.

SUMMIT AGENDA

7:30am to 8:15am

Registration and Continental Breakfast

8:15am to 9:15am

Plenary Session:

“An Introduction to Radically Open DBT (RO-DBT)”

- Qualifies for 1 Related MCBAP Education Contact Hour
- Qualifies for 1 CE hour for Social Work

Kristen Fritsinger, MSW, LICSW, Psychotherapist, DBT Institute of Michigan

RO-DBT is a new transdiagnostic, evidence-based treatment for persons who suffer from a spectrum of disorders that are characterized by excessive self-control, which RO-DBT describes as over control. It is developed from 20+ years of translational research and clinical experience. It is indicated for those diagnosed with refractory depression, obsessive compulsive personality disorder, anorexia nervosa, and treatment resistant anxiety disorders. While some people lack emotional control and need interventions designed to enhance emotional and behavioral control, RO-DBT is designed to help clients relax rigid or inflexible control. RO-DBT views psychological health as comprising of three factors: openness, flexibility, and social connectedness. Radical openness represents the merger of these three factors and is the core philosophical principle in this treatment model. Two of the main goals in this treatment are to help clients learn to chill out and to increase a sense of connection to others. The presentation will provide an overview of the robust research which led to the development of this treatment. It will explain some of the theoretical foundations behind RO-DBT. And, it will give a brief overview of the primary targets and modes for doing this treatment in an outpatient setting.

Participants will be able to: 1. Identify at least 2 of the theoretical foundations and research behind RO-DBT; and 2. Explain the definition of over-control.

About the Presenter:

Kristen Fritsinger is a licensed independent clinical social worker who works in an outpatient setting in Minneapolis, Minnesota. She completed the 10-day DBT intensive workshop in 2006; She has provided DBT therapy and co-facilitated DBT skill training groups to adolescents and adults for 14 years. Since 2015, she completed two 10-day RO-DBT intensive workshops. She provides individual RO-DBT therapy to adolescents and adults, in addition to co-facilitating a RO-DBT skills training class. She has been a member of the RO-DBT US senior clinician team, was the first RO clinician in the US to become a supervisor, and is currently on the training track to become a fully accredited RO-DBT trainer.

Bibliography/References:

1. Lynch, T. R. (2018). Radically open dialectical behavior therapy: Theory and practice for treating disorders of overcontrol. Oakland, CA: New Harbinger.
2. Lynch, T. R. (2018). The skills training manual for radically open dialectical behavior therapy: A clinician's guide for treating disorders of overcontrol. Oakland, CA: New Harbinger.
3. Linehan, M. M. (1993a). Cognitive-behavioral treatment of borderline personality disorder. New York, NY: Guilford Press.

9:15am to 9:30am

Break

9:30am to 12:30pm

Concurrent Workshops:

1. What is RO-DBT All About?

- Qualifies for 3 Related MCBAP Education Contact Hours
- Qualifies for 3 CE hours for Social Work

Kristen Fritsinger, MSW, LICSW, Psychotherapist, DBT Institute of Michigan

RO-DBT is a new transdiagnostic, evidence-based treatment for persons who suffer from a spectrum of disorders that are characterized by excessive self-control, which RO-DBT describes as overcontrol. It is developed from 20+ years of translational research and clinical experience. Maladaptive overcontrol is proposed to result from unique transactions among biology, environment, and styles of coping. These three factors comprise the neurobiosocial theory for disorders of overcontrol and help clinicians' and clients' empathic understanding of how overcontrol developed and is maintained. This training will describe the neurobiosocial theory and give examples specific to this population. RO-DBT also uses a neuroregulatory model to explain some of the treatment interventions targeting specific overcontrol challenges. The model, and how it is used in the treatment, will be described. Overcontrol is a problem of emotional loneliness. Deficits in pro-social signaling are posited to be the main source of their loneliness. Thus, social signaling will be explained, demonstrated, and practiced. **Participants will be able to:** 1. Explain the neurobiosocial theory for disorders of overcontrol; 2. Describe the neuroregulatory model for RO-DBT; and 3. Explain why social signaling matters.

About the Presenter:

Kristen Fritsinger is a licensed independent clinical social worker who works in an outpatient setting in Minneapolis, Minnesota. She completed the 10-day DBT intensive workshop in 2006. She has provided DBT therapy and co-facilitated DBT skill training groups to adolescents and adults. Since 2015, she completed two 10-day RO-DBT intensive workshops. She provides individual RO-DBT therapy to adolescents and adults, in addition to co-facilitating a RO-DBT skills training class. She has been a member of the RO-DBT US senior clinician team, was the first RO clinician in the US to become a supervisor, and is currently on the training track to become a fully accredited RO-DBT trainer.

Bibliography/References:

1. Lynch, T. R. (2018). Radically open dialectical behavior therapy: Theory and practice for treating disorders of overcontrol. Oakland, CA: New Harbinger.
2. Lynch, T. R. (2018). The skills training manual for radically open dialectical behavior therapy: A clinician's guide for treating disorders of overcontrol. Oakland, CA: New Harbinger.
3. Linehan, M. M. (1993a). Cognitive-behavioral treatment of borderline personality disorder. New York, NY: Guilford Press.

2. Conflict in Consult: How to Get from Hell to a Team Worth Working for

- Qualifies for 3 Related MCBAP Education Contact Hours
- Qualifies for 3 CE Hours for Social Work

Jessica Pollock, MA, LPC, CAADC, Lapeer County CMH Services

Domenica Palitti, LBSW, Lapeer County CMH Services

Frankie McKelvie, CPSS, Lapeer County CMH Services

Teresita Jamett-Yount, MA, LLPC, Lapeer County CMH Services

About the Presenters:

Jessica Pollock, MA, LPC, CAADC, DBT Therapist and Team member for three years, and has taken over as Team Leader position in 2017.

Domenica Palitti, LBSW, DBT Skills Facilitator and Case Manager who has been on the team since 2008.

Frankie McKelvie, CPSS, DBT CPSS Team Member for over two years. Frankie graduated from the DBT program in 2013.

Teresita Jamett-Yount, MA, LLPC, DBT Therapist and Team Member since 2017. She is bi-lingual and also does work under the Hispanic Behavioral Health Services Grant.

Our team fell apart, but we were able to rebuild it stronger than ever. Learn how to recognize the red flags of a dismantling team/program; be able to rebuild and repair the team/program from the bottom up; and learn how to handle conflict effectively in consult. Participants should be able to 1) Recognize red flags that lead to team-destroying/program-destroying behaviors; 2) Effectively bring new team members on board; 3) Identify several ways to rebuild the DBT team utilizing and adhering to fidelity to the model; and 4) Organize and implement case consultation/therapy for the therapist into an effective format so that therapists are less prone to burn out and are receiving therapy for the therapist as intended.

3. DBT PreTreatment: First Four Sessions

- Qualifies for 3 Related MCBAP Education Contact Hours
- Qualifies for 3 CE Hours for Social Work

Gwen Abney-Cunningham, LMSW, DBT Certified Therapist, InterAct of Michigan

The most factors that attribute to consumers dropping out of treatment is failure to orient and/or obtain solid commitment. This workshop will focus on assisting clinicians with strategies to assist with orienting consumers to DBT. During the workshop, participants

will review the various components imperative to review and teach to consumers in the first four sessions. Participants will have the opportunity to review and practice strategies to assist with linking DBT to consumers' overarching goals and increasing commitment. **Participants will be able to:** 1. Specify what is necessary to review and teach to consumers in the first four sessions; 2. Identify and implement strategies to assist with linking clients overarching goals to DBT; 3. Identify and implement acceptance; and 4. Change strategies to assist with increasing commitment.

About the Presenter:

Gwen Abney-Cunningham, LMSW, is the DBT Services Supervisor at InterAct of Michigan, Inc., and is a member of the Michigan MIFAST team. She has 30 years of professional experience and is a member of one of the first teams in the U.S. to apply DBT within an ACT program. Ms. Abney-Cunningham is intensively trained in DBT and an experienced workshop leader at state and national conferences. Ms. Abney-Cunningham's experience in DBT includes individual and skills training for adults, adolescents and families and providing DBT supervision/consultation to clinicians. In addition, she has assisted in the development and implementation of DBT in many community mental health settings.

Bibliography/References:

1. Linehan, M.M. (1993). Cognitive-behavioral treatment of borderline personality disorder. New York: Guilford Press.
2. Linehan, M.M. (2015). DBT Skills Training Manual (2nd ED.). New York, NY: Guilford Press.
3. Linehan, M.M. (2015). DBT Skills Training Handouts and Worksheets New York, NY: Guilford Press.

4. Targeting Strategies and Case Formulation

- Qualifies for 3 Related MCBAP Education Contact Hours
- Qualifies for 3 CE Hours for Social Work

Josh Smith, MSW, LMSW, DBT-Linehan Board of Certification, Certified Clinician, DBT Institute of Michigan

When treating clients in DBT, one thing that can be challenging for the therapist is identifying which behavior amongst many they need to prioritize in treating over others. One of the components in DBT that might be responsible for DBT's empirical base is the way it structures the session (what behaviors are prioritized in treating) and the way it identifies the controlling variables that drive the client's maladaptive behaviors through the use of a behavioral chain analysis. Based on what the information shows during this behavioral chain analysis, DBT will use a set of theories to help guide the therapist and client in developing a strong case formulation. Part of the DBT Certification process is to learn how to develop a specific case formulation on a Stage 1 client in DBT. This training will teach attendees what behaviors are prioritized in treating and how to use specific theories to help develop a DBT case formulation. Individuals who attend this training should already have a basic knowledge of the theory behind DBT. **Participants will be able to:** 1. Identify 3 sub-categories in Severe Quality of Life; 2. Develop a client's initial diary card; 3. Explain how DBT uses the Biosocial Theory to develop a case formulation; and 4. Explain how DBT uses behavioral theory of change to develop a case formulation.

About the Presenter:

Josh Smith 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.

Bibliography/References:

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.

12:30pm to 1:30pm

Lunch

1:30pm to 4:30pm

Concurrent Workshops

5. Barriers, Pitfalls, and Successes of Starting a DBT Program & Adding Creativity Along the Way

- Qualifies for 3 Related MCBAP Education Contact Hours
- Qualifies for 3 CE Hours for Social Work
- *Kristen Kolberg*, LMSW, Saginaw Psychological Services, Inc.
- *Cara Schade*, LMSW, Saginaw Psychological Services, Inc.
- *Barbara Goss*, LMSW, Saginaw Psychological Services, Inc.
- *Amanda Leinberger*, LLMSW, Saginaw Psychological Services, Inc.
- *Nicole Creek*, LLMSW, Saginaw Psychological Services, Inc.
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One of the most challenging aspects of DBT is the start-up process. Getting management on board with your teams' passion for DBT can frustrate even the most committed team. Some of the challenges that a team can face include: building the DBT team, identifying DBT clientele, connecting with local resources including CMH, advocating for the DBT group to upper management, and educating staff of DBT protocols. During this workshop, participants will learn about team barriers and successes in implementing DBT in our agency as well as creative ways to inspire clients to generalize skills into their daily life. This workshop is designed to help those interested in beginning a DBT group in their agency, particularly those in a CMH affiliate. **Participants will be able to:** 1. Identify and define barriers to starting DBT in your setting; 2. Express need for DBT to management, particularly in a CMH affiliate setting; and 3. Prepare for discussion with management about implementing a DBT program and apply creativity to DBT skills in a fun way.

About the Presenters:

Kristen Kolberg, LMSW, graduated with her BSW in 2006 and MSW in 2007 from Michigan State University. Kristen has experience working with seniors, the deaf and hard of hearing, grief and loss, and individuals experiencing trauma. She started on her first DBT team in 2007 and currently continues to practice DBT. Kristen has been married to Nathan for 9 years and they have 2 children; Brynlee and Ryker.

Cara Schade, LMSW graduated with her BSW in 2001 from Saginaw Valley State University and her MSW in 2002 from Wayne State University. Cara has experience working with the geriatric population, hospice, healthcare and therapy in CMH settings. She was first trained in DBT in 2005; starting her first DBT group in 2006. Cara has continued to work in DBT since then. She is married to her husband, Kurt and has 2 children; Lydia and Ian.

Barbara Goss, LMSW graduated with her BSW from Saginaw Valley State University in 1998 and her MSW in 1999 from Wayne State University. She loves working with adults who struggle with trauma, anxiety and extreme moods. She started her first DBT team in 2005 and continues to practice DBT today. She has been married 21 years and has 2 teenage daughters.

Amanda Leinberger, LLMSW graduated from Southern Illinois University Edwardsville with her MSW in social work in 2016. Amanda has experience working with the homeless population, teens in need, substance abuse and mental illness in a residential setting, individuals experiencing grief, and working in a jail setting with a substance abuse program. Amanda has been in Michigan for two years and resides with her husband, three step-children, and is expecting a baby girl in June 2018.

Nicole Creek, LLMSW graduated with her MSW in 2017. Prior to her education she was and currently continues to serve in the U.S. Navy Reserves as a Chief Petty Officer. Nicole is married and has one child.

Bibliography/References:

1. Linehan, M. M. (1993). *Skills Training Manual for Treating Borderline Personality Disorder*. New York, NY: Guilford Press.
2. Linehan, M. M. (2015). *DBT Skills Training Manual (2nd ed.)*. New York, NY: Guilford Press.
3. Linehan, M. M. (2015). *DBT Skills Training Handouts and Worksheets (2nd ed.)*. New York, NY : Guilford Press.

6. Effectively Using Peer Supports on a DBT Team

- Qualifies for 3 Related MCBAP Education Contact Hours
- Qualifies for 3 CE Hours Social Work

- *Shana Badgley, MA, LLP, CAADC, Director, Adult Mental Health Services*
- *Mark Phillips, BA, CPSS, CMH Authority of Clinton-Eaton-Ingham Counties*

Comprehensive DBT Teams in Michigan are required to have Peer Support Specialists added to them. Have you ever wondered what this truly looks like in practice? Come and hear about how it has been working for our team for nearly 10 years! Learn about what a Peer Support Specialist is in a general sense. **Participants will be able to:** 1. Define peer support specialists in general and roles on a DBT Team; 2. Explain ways Peers are used in effectively providing DBT services within the modes and functions of DBT; and 3. Recall 3 data points on Peers in DBT.

About the Presenters:

Shana Badgley has over 20 years of experience doing DBT in a community mental health setting with adults. She has multiple trainings in DBT including training as a team leader with 2 DBT teams in 2009 and 2011. Also, she serves as a Statewide fidelity reviewer for DBT Teams across Michigan. She practices part time with the DBT Institute for the last 3 years. Shana also holds an Advanced certification in substance abuse treatment and addictions. Other areas of clinical specialty include schizophrenia, depression, and bipolar disorders.

Mark Phillips is a Recovery Specialist and Certified Peer Support Specialist working for CMH Authority of Clinton-Eaton-Ingham Counties. As a Peer Support, Mark has worked in housing, case management, clubhouse and currently in his role as Recovery Specialist. He received training as an instructor in Dialectic Behavior Therapy in 2009. He co-facilitates a DBT skills group, provides orientation to new group members and facilitates an Advance DBT group. In 2012, Mark became a certified Mental Health First Aid trainer in both the Youth and Adult versions. He has conducted 36 classes to date for this valuable course. Mark also speaks to various community groups on the topic of mental illness and the stigma which is associated with it.

Bibliography/References:

1. Schutt, Megan, "Experiences and Utilization of Certified Peer Support Specialists Employed on Dialectical Behavior Therapy Teams" (2016). Doctorate in social work (DSW) Dissertations. Paper 87.

2. Linehan, Marsha, "Cognitive Behavioral Treatment of Borderline Personality Disorder" (1993). Guilford Press.
3. Cawood, Chelsea Dean. "Moving to the Other Side of the Desk: An Examination of the Practice of Including Peer Support Specialists as Treatment Providers within the Dialectical Behavior Therapy Paradigm". Eastern Michigan University, ProQuest Dissertations Publishing, 2012.

7. Enhancing Motivation and Capabilities through Supervision

- Qualifies for 3 Related MCBAP Education Contact Hours
- Qualifies for 3 CE Hours for Social Work

Gwen Abney-Cunningham, LMSW, DBT Certified Therapist, InterAct of Michigan, Inc.

The workshop will focus on assisting supervisors with tools to increase their skills in providing supervision to assist team members with providing adherent DBT. During the workshop, participants will review components for developing case formulations, identify factors that may be getting in the way of effective treatment both for the client and staff, discuss strategies to assist supervisors in providing feedback. In addition, participants will review video of a DBT session and practice providing behaviorally descriptive feedback using acceptance and change strategies.

Participants will be able to: 1. Increase ability to identify the various change and acceptance strategies while reviewing video; 2. Identify factors that get in the way of team members delivering DBT and/or assisting client with making progress; 3. Apply acceptance and change strategies with team members to provide feedback to team members; and 4. Identify and implement strategies to assist with increasing motivation and clinical skills of both the supervisor and their team members.

About the Presenter:

Gwen Abney-Cunningham, LMSW, is the DBT Services Supervisor at InterAct of Michigan, Inc., and is a member of the Michigan MIFAST team. She has 30 years of professional experience and is a member of one of the first teams in the U.S. to apply DBT within an ACT program. Ms. Abney-Cunningham is intensively trained in DBT and an experienced workshop leader at state and national conferences. Ms. Abney-Cunningham's experience in DBT includes individual and skills training for adults, adolescents and families and providing DBT supervision/consultation to clinicians. In addition, she has assisted in the development and implementation of DBT in many Community Mental Health settings

Bibliography/References:

1. Linehan, M.M. (1993). *Cognitive-behavioral treatment of borderline personality disorder*. New York: Guilford Press.
2. Linehan, M.M. (2015). *DBT Skills Training Manual (2nd ED.)*. New York, NY: Guilford Press.
3. Linehan, M.M. (2015). *DBT Skills Training Handouts and Worksheets* New York, NY: Guilford Press.

8. Using Process and Outcome Evaluations to Shape your DBT Program

- Qualifies for 3 Related MCBAP Education Contact Hours
- Qualifies for 3 CE Hours for Social Work

Josh Smith, MSW, LMSW, DBT-Linehan Board of Certification, Certified Clinician, DBT Institute of Michigan

Gaining additional resources and support from administrators, convincing potential clients and colleagues to make a commitment to DBT, leveraging payers to increase reimbursement and rewarding yourself are all reasons to have a track record of client success. This lecture is intended to provide the rudimentary tools that will allow programs to begin to collect data right now. The intent is not to make you an expert per se in program evaluation (nor is it important for you to become an expert in order to collect data, interpret it and present it to key stakeholders). The trainer will provide you with tips and a structure for starting your own DBT program evaluation. Specifically, he will offer some defining features of program evaluation, briefly discuss how to tailor your evaluation to fit your agency's own needs and offer principles to follow as you begin to collect data. In addition, he will offer some suggestions for standard measures and tips for how to present your data to ensure all of your hard work pays off. **Participants will be able to:** 1. Define the difference between process and outcome evaluations; 2. Identify 3 questions to ask when developing your process evaluation tool; 3. Identify 3 variables to measure when collecting outcomes in DBT clients; 4. Explain how to use data collected from process and outcome evaluations to shape your DBT program; and 5. Identify key stakeholders from your organization who would be interested in data collected from your process and outcome evaluation tools.

About the Presenter:

See presenter information from Workshop #4.

Bibliography/References:

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.

Overnight Accommodations and Summit Location

Kellogg Hotel & Conference Center: 219 South Harrison Road, E. Lansing, MI 48824

\$75 plus taxes (Single)

- To make your reservation call 517-432-3086 and request DBT Summit 2018 to receive your discounted rates.
- **Deadline for discounted rates: April 2, 2018**
- Parking: Complimentary in the ramp for attendees – You will receive a parking pass at Summit registration.

Registration, Training Fees and Payment Information

Training fees: \$125 per person. The fee includes training materials, continental breakfast and lunch.

[Click here to register](#)

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, Training & Meeting Planner, CMHAM:

(517) 374-6848; clincoln@cmham.org