



**COMPREHENSIVE TEN-DAY WORKSHOP  
IN DIALECTICAL BEHAVIOR THERAPY**

**Charles Swenson, M.D.**

**Smith College Conference Center, Northampton, MA 01060**

**April 23-27, 2018**

**October 22-26, 2018**

**Jointly sponsored by:  
Cutchins Programs for Children and Families  
&  
Smith College School for Social Work  
&  
University of Massachusetts Medical School,  
Department of Psychiatry**

## **Description**

The Comprehensive Ten-Day Workshop in DBT is a ten-day intensive training experience designed for those who have already attended introductory DBT workshops, DBT seminars, and/or have studied the treatment manuals. It is intended for DBT teams, and individual members of DBT teams, who are invested in implementing and practicing DBT with rigor and with a high level of adherence to the manual. This is an excellent preparation for those who wish to become certified as DBT therapists.

DBT is a treatment that is delivered to a group of patients by a clinical team. In this training participants will learn how to build, maintain, strengthen, and function effectively in the context of a DBT Consultation Team. Entire teams, or subgroups of teams, who have not attended intensive training, are encouraged to attend. However, individuals who are in DBT teams, or who anticipate being in DBT teams, are also encouraged to apply. For the purposes of the workshop, these individual practitioners will be placed together in training "teams" for purposes of discussion, practice, and to remain consistent with applying DBT in a team context. In some cases, individual attendees have joined with other individuals from the training to form DBT teams, including cyber-teams for those at a distance from one another.

The workshop is conducted in two five-day sessions, Part 1 and Part 2, separated by 6 months. During Part 1 the instructor will teach theory, structuring, and practice of DBT in depth, using lectures, videotapes, role-play demonstrations, and participant exercises and deliberate practices. During the interval between Parts 1 and 2, participants will complete practice assignments and a multiple choice exam to consolidate their knowledge bases; to design, begin to implement, or strengthen their DBT programs, to conceptualize cases in DBT terms, and to engage in the use of DBT skills and treatment strategies. During the six month interval, Dr. Swenson will be available by telephone or skype to interact with individuals and teams to help with program development, case questions, and assistance with the homework assignment as needed. During Part 2, teams and individuals will present their work and receive consultation on their programs and cases. Other agendas at Part 2 include: adaptation of DBT to specific populations and treatment contexts; review, demonstration, and practice of DBT therapeutic strategies; and viewing and discussion of videotaped treatment sessions and in-person role-plays.

This is a comprehensive and intensive training. Over the course of six months participants are expected to learn to implement and practice DBT with good fidelity to the model. As such, each participant should ensure that he/she

is fully committed to the expectations of the training prior to coming. This includes not only attending the entire training sequence, and paying for the full ten days, but participating in an engaged and willing manner. This will be modeled by the instructor in his engaged and committed teaching and coaching.

## Educational Objectives

**Part 1:** As a result of this training, participants will be able to:

- Specify the clinical populations that are targeted in DBT;
- Explain the research findings supporting DBT as an evidence-based treatment for disorders of emotional dys-regulation;
- Articulate the three paradigms of DBT—behaviorism, Zen/mindfulness, and dialectics—and the principles associated with each;
- Explain how the DBT therapist reframes the diagnosis of borderline personality disorder as five categories of problematic behaviors;
- Teach the way in which DBT’s bio-social theory accounts for the causation and maintenance of problematic borderline behavioral patterns;
- Convert the patient’s list of problem behaviors into a prioritized list of treatment targets that sets the agenda for the overall treatment;
- Demonstrate how the therapist reviews a diary card (self-monitoring tool) with the patient, noting the active treatment targets, and sets a prioritized treatment agenda for each session;
- List the five functions of comprehensive DBT treatment, the various treatment modes through which the functions are delivered in a treatment program, and how these are modified in adaptations of DBT to different clinical populations and treatment contexts;
- List the agreements made by patients, by therapists, and by consultation teams;
- List the assumptions about patients and about therapy that inform the DBT therapist;
- Articulate and explain the definition, the functions, the targets, and the strategies of validation in DBT;
- Practice the six levels of validation in work with patients;
- List the steps in problem solving in DBT and describe how they flow from one to another;
- Demonstrate the use of a behavioral chain analysis to assess the controlling variables of a problem behavior in a session;
- List and explain the four procedures for changing behaviors used in DBT;
- Demonstrate the practice of commitment strategies in DBT to secure a stronger commitment from the patient;
- Explain and demonstrate the use of informal exposure procedures in DBT;
- Describe how to change behaviors through reinforcement, shaping, extinction and punishment in DBT sessions and groups;
- Describe what is meant by dialectics, and dialectical thinking, in DBT;
- List the dialectical strategies and provide examples of each one;
- Describe the two communication styles used in DBT and the context for the use of each one;
- Explain how the DBT team and therapist utilize the case management strategies in defining a stance with respect to individuals in the patient’s social and professional network;
- Utilize the Linehan Risk Assessment and Management Protocol (L-RAMP) for step-by-step guidance and documentation of the assessment and management of suicidal risk;
- Apply DBT’s suicide crisis protocol with a suicidal patient in a manner that is consistent with the L-RAMP;
- Demonstrate the use of DBT’s telephone coaching strategies;
- Describe the nature, format, and strategies for participating in a DBT consultation team;
- Describe the essential features of mindfulness practices in DBT and how they are used by the therapist in consultation team, skills training group, and individual therapy sessions;

- Teach the four modules of skills in DBT (mindfulness, distress tolerance emotion regulation, and interpersonal effectiveness).

**Part 2:** As a result of this training, participants will be able to:

- Demonstrate the practice of leading others in mindfulness exercises;
- Demonstrate the mastery of DBT's knowledge base;
- Teach all DBT skills according to the skills training manual;
- Conduct a DBT skills training group, managing problems that arise in the group;
- Demonstrate effective leadership and participation of a DBT consultation team meeting;
- Identify, assess, and address problems in the functioning of the consultation team, using DBT strategies to solve them;
- As a result of presenting a DBT program and getting consultation, demonstrate an understanding of what is required for a program to have fidelity to the DBT model, and to demonstrate the ability to analyze and strengthen a DBT program, modifying the treatment for application to particular clinical populations and treatment contexts;
- Apply DBT's targets and strategies in telephone coaching;
- Demonstrate the use of DBT's 'observing limits' strategy in order to preserve one's own effective functioning and to prevent burnout;
- Demonstrate the use of DBT's contingency procedures to maintain and motivate effective functioning in therapy sessions and skills training groups;
- Demonstrate the use of cognitive modification procedures during therapy sessions;
- Demonstrate how to incorporate skills training procedures into a DBT therapy session;
- Demonstrate the use of validation levels and strategies to help the patient regulate emotions and continue to problem-solve;
- Demonstrate the use of dialectical strategies to navigate and transform challenging moments in therapy;
- Conduct behavioral chain analysis for the assessment and treatment of problem behaviors;
- Demonstrate how to shift back and forth between the use of behavioral chain analysis and the use of DBT's change procedures;
- Use DBT's method for case conceptualization of a difficult case;
- Demonstrate how to convert the case conceptualization into a treatment plan;
- Articulate and explain all DBT skills;
- Discuss the DBT multiple choice exam and demonstrate mastery of the concepts within it;
- Discuss homework assignments completed between Part 1 and Part 2, and thereby further master the treatment;
- Formulate plans to evaluate one's DBT program or practice;
- Demonstrate how to use DBT's typical strategy groups in order to treat in-session dysfunctional behaviors;
- Identify DBT treatment strategies as they are utilized in videotaped segments and role-plays of DBT practice.

## Faculty

**Charles (Charlie) Swenson, M.D.**, is Associate Clinical Professor of Psychiatry at the University of Massachusetts Medical School. As Senior Psychiatrist and Area Medical Director from 1997 to 2001 and 2010 to 2014, he oversaw the clinical care in Western and Central Massachusetts for the Department of Mental Health. Originally trained in psychoanalysis, he undertook training in DBT and CBT beginning in 1987. He has directed more than 40 ten-day DBT workshops over the past twenty years, teaching several hundred teams, has conducted about a dozen advanced workshops, and has implemented DBT in outpatient, inpatient, day treatment, residential, case management, and crisis settings, with adults and adolescents. Along with his extensive experience of practice,

implementation, supervision, and consultation in DBT, he is considered to be an inspiring teacher who brings DBT to life with clinical examples and demonstrations. His numerous published articles and book chapters include such topics as: implementation of DBT in community mental health settings, implementation of DBT in inpatient settings, comparing and contrasting DBT with transference-focused psychotherapy, comparing and contrasting DBT with mentalization-based treatment, and a commentary on why DBT is so popular. In 2016, Guilford Press published Dr. Swenson's book, *DBT Principles in Action: Acceptance, Change, and Dialectics*, which brings his vast experience to bear on the question of how to practice DBT in a way that is adherent to the manual while being flexible and fluid. He is currently writing a chapter on how to adapt DBT to day hospitals, partial hospital programs, and intensive outpatient programs. He treats his own patients—adults, adolescents, and families—in a private practice in Northampton, Massachusetts, and writes and performs songs about DBT even when they are not requested.

## Target Audience

The target audience will consist of licensed mental health practitioners in several disciplines: psychology, psychiatry, social work, psychiatric nursing, licensed mental health counselors, and licensed marital and family therapists. Participants will be expected to have attended introductory DBT workshops, DBT seminars, and/or have engaged in self-study of DBT's manual and published books, book chapters, or articles. Each participant should be a member of a DBT program or anticipating becoming a member. As DBT is a team-based treatment, teams are encouraged to attend as an entire team, or to send members who are not yet intensively trained.

## Date/Time/Location

Part 1: April 23-27, 2018

Part 2: October 2-2-26, 2018

8:30 - 5:00

Venue: Smith College Conference Center  
49 College Lane  
Northampton, Massachusetts 01063  
413 585-6977  
[smith.edu/about-smith/emo/conference-center](http://smith.edu/about-smith/emo/conference-center)  
Parking available

Area Lodging: Hotel Northampton  
36 King Street  
Northampton, MA 01060  
413 584-3100  
[hotelnorthampton.com](http://hotelnorthampton.com)

Fairfield Inn & Suites Northampton  
115A Conz Street  
Northampton, MA 01060  
413 587-9800  
[marriott.com/hotels/travel/bdlnh-fairfield-inn-and-suites-springfield-northampton-amherst/](http://marriott.com/hotels/travel/bdlnh-fairfield-inn-and-suites-springfield-northampton-amherst/)

Autumn Inn  
259 Elm Street  
Northampton, MA 01060  
413 584-7660  
[hampshirehospitality.com](http://hampshirehospitality.com)

Some conference attendees have also found housing through AirBnB

# Program Schedule

## Part 1

### Day One: April 23

8:30 - 10:15	Orientation to the workshop Mindfulness practice Populations and behavioral targets in DBT Reframing diagnosis of BPD as problem behaviors
10:15 - 10:30	Break
10:30 - 12:00	Research findings regarding DBT Three paradigms underlying DBT
12:00 - 1:00	Lunch
1:00 - 3:00	Bio-social theory of borderline behavioral patterns Goals, stages, and targets in DBT
3:00 - 3:15	Break
3:15 - 3:45	Goals, stages, and targets in DBT
3:45 - 5:00	DBT skills module: Core mindfulness skills Review of the day

### Day Two: April 24

8:30 - 10:15	Orientation to the day Mindfulness practice Functions and modes of treatment in DBT
10:15 - 10:30	Break
10:30 - 12:00	Agreements and assumptions in DBT
12:00 - 1:00	Lunch
1:00 - 3:00	Validation principles and strategies
3:00 - 3:15	Break
3:15 - 3:45	Running a skills training group
3:45 - 5:00	DBT skills module: Distress tolerance skills Review of the day

### Day Three: April 25

8:30 - 10:15	Orientation to the day Mindfulness practice Problem-solving in DBT: behavioral chain analysis
10:15 - 10:30	Break
10:30 - 12:00	Insight strategies, solution analysis, didactics, and orienting
12:00 - 1:00	Lunch
1:00 - 3:00	Getting a commitment to treatment Change procedures: contingency management
3:00 - 3:15	Break
3:15 - 3:45	Change procedures: contingency management
3:45 - 5:00	DBT skills module: Emotion regulation training Review of the day

### Day Four: April 26

8:30 - 10:15	Orientation to the day Mindfulness practice Demonstration of treatment
10:15 - 10:30	Break
10:30 - 12:00	Change procedures: skills training & cognitive modification
12:00 - 1:00	Lunch
1:00 - 3:00	Change procedures: exposure procedures

3:00 - 3:15 Break  
3:15 - 3:45 Putting it together: using all strategies in a session  
3:45 - 5:00 DBT skills module: Interpersonal effectiveness training  
Review of the day

**Day Five: April 27**

8:30 - 10:15 Orientation to the day  
Mindfulness practice  
Overview of dialectics  
Dialectical strategies  
10:15 - 10:30 Break  
10:30 - 12:00 Balancing stylistic communication strategies  
Balancing case management strategies  
12:00 - 1:00 Lunch  
1:00 - 2:30 DBT's suicide crisis protocol  
2:30 - 2:45 Break  
2:45 - 3:30 DBT consultation team  
3:30 - 4:00 Question/Answer  
Practice Assignments for Part 2  
Closing

**Program Schedule  
Part 2**

**Day One: Oct 22**

8:30 - 10:15 Orientation to Part 2  
Mindfulness practice  
Demonstration of treatment: getting commitment  
Review of practice assignments from Part 1  
10:15- 10:30 Break  
10:30 - 12:00 Program presentations and consultation  
12:00 - 1:00 Lunch  
1:00- 3:00 Case presentations and consultation  
3:00 - 3:15 Break  
3:15- 4:00 Review of exam from Part 1  
4:00 - 5:15 Strategies practice: commitment strategies

**Day Two: Oct 23**

8:30 - 10:15 Orientation to the day  
Mindfulness practice  
Demonstration of treatment: behavioral chain analysis  
Telephone coaching and observing personal limits  
10:15 - 10:30 Break  
10:30 - 12:00 Program presentations and consultation  
12:00 - 1:00 Lunch  
1:00 - 3:00 Case presentations and consultation  
3:00 - 3:15 Break  
3:15 - 4:00 Case conceptualization  
4:00 - 5:15 Strategies practice: behavioral chain analysis

**Day Three: Oct 24**

8:30 - 10:15	Orientation to the day Mindfulness practice Demonstration of treatment: Validation Strategies Treating in-session dysfunctional behaviors
10:15 - 10:30	Break
10:30 - 12:00	Program presentations and consultation
12:00 - 1:00	Lunch
1:00 - 3:00	Case presentations and consultation
3:00 - 3:15	Break
3:15 - 3:45	DBT program implementation strategies
3:45 - 5:00	Strategies practice: validation strategies Review of the day

**Day Four: Oct 25**

8:30 - 10:15	Orientation to the day Mindfulness practice Demonstration of treatment: Getting behavioral change Adapting DBT for different populations: adolescents
10:15 - 10:30	Break
10:30 - 12:00	Program presentations and consultation
12:00 - 1:00	Lunch
1:00 - 3:00	Case presentations and consultation
3:00 - 3:15	Break
3:15 - 3:45	Adapting DBT for different populations: SUDs
3:45 - 5:00	Strategies practice: getting behavioral change Review of the day

**Day Five: Oct 26**

8:30 - 10:15	Orientation to the day Mindfulness practice Demonstration of treatment: dialectical strategies
10:15 - 10:30	Break
10:30 - 12:00	Effectively running and managing a skills training group
12:00 - 1:00	Lunch
1:00 - 2:00	Strengthening your consultation team
2:00 - 2:15	Break
2:15 - 3:30	Teaching Question/Answer Closing

**Format/Teaching Methods**

This workshop will be taught using lectures, power point slides, videotapes, role-play demonstrations, participant practice exercises, and large and small group discussion. Participants will be given a substantial practice assignment to be completed between Parts 1 and 2 in order to consolidate the learning from Part 1, to begin to practice the strategies, to conceptualize a case in a DBT format, and to design or strengthen their DBT practices and programs.

## **Tuition**

\$2,500 per person

Teams of 3 or more – \$2,000 per person

Students (Graduate Students in MH Professions) – \$1,200 per person

## **Application Deadline**

April 9, 2018, or until all training spaces are filled, whichever comes first.

## **Continuing Education**

The Department of Psychiatry at the University of Massachusetts Medical School is approved by the American Psychological Association to sponsor continuing education for psychologists. The University of Massachusetts Medical School maintains responsibility for the program and its content. This program is being offered for continuing education credits (CE) for psychologists, social workers and licensed mental health counselors.

## **Notification of Acceptance**

Upon the completion of online registration and payment, applicants will receive email confirmation of acceptance. If we have not received payment by the above date, we reserve the right to offer the space to another applicant.

## **Refund/Cancellation Policy**

Registration payment is non-refundable. Questions about this policy should be addressed to the Course Director, Charles Swenson (c.robert.swenson@gmail.com).

## **Accessibility**

Conference site is an accessible, barrier-free location. Reasonable accommodations can be made for individuals with visual and/or hearing impairments if needed.

## **Apply**

To register, please go to [www.cutchinscare.org](http://www.cutchinscare.org) for online registration. For questions about the registration process, contact Pamela Wicinas, at 413 584-1310, ext. 338, or at [pwicinas@cutchins.org](mailto:pwicinas@cutchins.org)