



DBT CITI: Comprehensive Implementation and Training Initiative

Two-Part Ten-Day Immersive Experience

PART I: January 9th through 13th, 2017

PART II: May 22nd through 26th, 2017

Location

McMenamins Kennedy School

5736 Ne 33rd Ave, Portland, Or 97211

503-249-3983

Presented by

Linda Dimeff, PhD & Jesse Homan, LPC

Portland DBT Institute

TWO-PART TEN-DAY IMMERSIVE EXPERIENCE

The innovative 10-day plus ***DBT Comprehensive Implementation & Training Initiative (DBT CITI)*** is designed for practitioners and programs seeking an immersive experience in DBT – where the primary goal is to build a strong and adherent DBT program, outstanding DBT clinical competence, and a highly effective DBT consultation team.

Our immersive approach applies the best of training and implementation processes and methods developed by Drs. Marsha Linehan, Kelly Koerner, Linda Dimeff and their colleagues at the University of Washington, BTECH, & BTECH Research over the past two decades. Our eyes will be squarely set on ensuring that trainees and programs will be well-prepared for Linehan's *DBT Certification and Accreditation* (depts.washington.edu/brtc/dbtca/).

ABOUT THE TRAINERS



Linda Dimeff, PhD

Linda Dimeff, PhD, is Director at Portland DBT Institute, Chief Scientific Officer at Evidence-Based Practice Institute, and Clinical Faculty in the Department of Psychology at the University of Washington. Dr. Dimeff has worked closely with DBT treatment developer, Marsha M. Linehan, PhD, for over two decades in developing and scientifically evaluating an adaptation of DBT for substance dependent persons with borderline personality disorder, and in generating numerous DBT training tools to facilitate the dissemination of DBT. Dr. Dimeff served as a BTECH trainer for over 15 years. In that time, she provided hundreds of trainings, intensives, and DBT systems implementations in a variety of public and private sectors. Dr. Dimeff is the 2011 recipient of the Cindy J. Sanderson Outstanding Educator Award from the International Society for the Improvement and Teaching of DBT. She is the primary editor of *DBT in Clinical Practice*.

ELEMENTS OF DBT CITI

- **Part I: Content Acquisition & Drafting a Provisional DBT Program Plan.** This five-day onsite training will provide an immersive experience into all elements of DBT's theoretical, structural, and clinical content, including DBT skills. Like the early days of Linehan's DBT Intensives™, we will incorporate evening sessions devoted to learning DBT skills *and* how to run DBT skills training groups. Instruction will include: didactic presentations, experiential exercises, review and discussion of video and audio tapes, and small-group practice exercises. We will apply an active learning method in our overall approach that includes: ***learn it*** (learn fundamental content elements), ***see it*** (watch the clinical strategy modelled), and ***do it*** (practice applying learned/observed strategy). To ensure that teams are able to return to home with clear directions about how to build a DBT program in their unique setting, ***Dr. Dimeff will meet individually with each DBT team*** during Part I.
- **Between Parts I & II: Strengthening Clinical Capability and Building a DBT Program.** At the conclusion of Part I, detailed instructions for practicing DBT and building a DBT program will be provided along with a DBT exam intended to help individuals prepare for the DBT Certification tests and to further strengthen their mastery of concepts. Assignments completed during this interim period will be presented at Part II.
- **Part II: Strengthening Core Competencies and Refining Program Direction.** The intent of Part II is to refine and receive feedback on DBT clinical skills and to ensure that each DBT program is headed in a direction of building a DBT program to fidelity. Specifically, each team will present a clinical DBT case, a clinical sample, and their DBT program. We will highlight those elements that are "on-model" and will work with the team on those elements that are "off-model." We will drill down further on concepts and strategies that require further refinement and practice. Evening sessions will again be included to allow for ample opportunities to view and critique DBT therapy session.

ABOUT THE TRAINERS



Jesse Homan, LPC

Jesse Homan, LPC, is a supervisor, therapist, and trainer at Portland DBT Institute, DBT adherence coder for the Behavioral Research and Therapy Clinics at the University of Washington, DBT adherence coder for the Linehan Board of Certification, DBT consultant and trainer for juvenile justice facilities in the New York State Office of Child and Family Services, and a PhD candidate at Portland State University's School of Social Work. Jesse has worked closely with Linda Dimeff, PhD, in the development of the training program at Portland DBT Institute. Jesse has co-authored research presentations and clinical workshops that have been presented at the International Society for the Improvement and Teaching of DBT. Jesse has been a member of the Substance Use Disorder team at Portland DBT Institute for the past six years, and has vast clinical experience working with people who have borderline personality disorder who have severe and complex problems.

PRICING & APPLICATIONS

CITI 10 DAY, PARTS I & II

A minimum of 3 participants is required to form a team.

Teams of 3 to 5

- \$ 2,500.00 per person

Teams of 6 to 9

- \$2,100.00 per person

For teams of 10 or more please contact Christopher Williams at 503-290-3295 or cwilliams@pdbti.org

Full payment is required on or before December 1st, 2017 for application to be considered. Note: All payments and applications must be submitted together to be eligible for group pricing.

CONTINUING EDUCATION CREDITS

Participants who complete all training days will earn 40 continuing education credits.

Portland DBT Institute is an NBCC-Approved Continuing Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements.



The ACEP solely is responsible for all aspects of the program.

LOCATION

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CRITERIA & HOW TO APPLY

DBT CITI is designed specifically for teams of individuals who work together and who seek to learn DBT and build a DBT program. Teams can be no smaller than 3 persons. Each team is required to have a team leader.

Visit www.pdbti.org for an application or more information contact:

Christopher Williams,
Training Coordinator

cwilliams@pdbti.org

PHONE: 503-290-3295

FAX: 503-231-8153

Portland DBT Institute, Inc.

Attn: DBT CITI
5200 SW Macadam Avenue
Suite 580
Portland, OR 97239

* PDBTI reserves the right to cancel any program due to under-enrollment, or any course due to work stoppages, instructor illness or inclement weather. If a course is cancelled, PDBTI is responsible for refunding only the course fee. ** A \$100.00 handling fee will be deducted upon cancellation. Refund requests by fax or email must be received two weeks before the start date. In addition, the fees are non-transferrable.

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