

DBT CITI: Comprehensive Implementation and Training Initiative

Two-Part Ten-Day Immersive Experience

PART I: June 20th - 24th, 2016

PART II: January 9th - 13th, 2017

Location

To Be Determined

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/btrtc/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 received his BA from Columbia College Chicago and his MS from Portland State

University. He is currently working towards a PhD in Social Work at Portland State University where the focus of his work is on the use of technology to help disseminate evidenced based practices. Jesse has attended the DBT Advanced Intensive with Marsha Linehan, PhD, ABPP, and is currently supervised by Linda Dimeff PhD.

Jesse has co-authored research presentations and workshops that have been presented at the International Society for the Improvement and Teaching of DBT. He has been a therapist at Portland DBT for the past four years and a DBT trainer for the past two. He has been trained as a DBT adherence coder by Katie Korslund PhD, ABPP. He currently codes on DBT research studies being conducted through the Behavioral Research and Therapy Clinics at the University of Washington.

PRICING & APPLICATIONS

CITI 10 DAY, PARTS I & II

- Individual Registration for DBT CITI (all 10 days)
\$ 2,500.00/person - A minimum of 3 is required to form a team.
- Group Pricing
\$2,100/person for teams of 6 to 9; \$2,100/person.

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

CITI 5 DAY, Part I Only

For new members of established DBT Teams only

- \$1,400 per person (3 person minimum)
- \$1250 for groups of 6 to 9;
- For teams of 10 or more please contact Christopher Williams at 503-290-3295 or cwilliams@pdbti.org
- Note: All applications must be submitted together.

Full payment is required on or before May 23rd, 2016 for application to be considered.

CONTINUING EDUCATION CREDITS

Participants who complete both 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

To be determined

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

5200 SW Macadam Avenue
Suite 580
Portland, OR 97239

O 503-231-7854
F 503-231-8153
www.pdbti.org