

**Adult Intensive Outpatient Program (IOP)  
Orientation Packet and Materials**



**Portland DBT**  

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**I N S T I T U T E**

# Welcome!

## A Note from Our Team

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Welcome to the Adult Intensive Outpatient Program (IOP) at Portland DBT Institute. We strive to deliver the highest quality, full Fidelity Dialectical Behavior Therapy (DBT) possible, fully adhering to Marsha Linehan’s tried-and-proven model. Like Marsha, we strive for effective compassion in all our work, helping clients to obtain their **Life Worth Living** by encouraging new ways of going about life, namely in using skillful means to achieve goals.

Delivering the best treatment possible to you matters to us. It also matters to us that we do this as a team, in community with one another – we are in it together.

Within the IOP, you will brainstorm ways to reach the goals that matter to you. You will learn (and have many opportunities to practice) scientifically-proven DBT skills – some geared to learn to radically accept that which cannot be changed and others to change what can be changed. We’ll focus a lot on cultivating your deep, inherent sense of wisdom (your **Wise Mind**) to help you figure out whether to *accept* or to *change* a situation, and how to do that effectively. You will have an individual therapist, skills group leaders and co-leaders, your IOP peers, and other members of our PDBTI provider community to help guide and support you along the way.

We welcome feedback as we move forward together – what you like and believe is working well, as well as what you would recommend that we do differently.

In this package are several important materials to help orient you to the IOP, including:

- General Schedule –
- Clinician Contact List –
- Group Guidelines –
- Content Curriculum –
- Target Group Worksheet –

as well as

- Building Structure Curriculum –
- DBT Skills Training Handouts and Worksheets –

Welcome aboard!  
~ The Adult IOP Team ~

# Teen & Family DBT IOP Schedule

Time	<b>Monday</b> Group Leader: Bonnie Rudder Co-Leader: Peter Henry and Kasey Bumgardner	<b>Wednesday</b> Group Leader: Kristen Schuch Co-Leader: Kim Van Beek	<b>Thursday</b> Group Leader: Leigh Moralez Co-Leader: Kim Van Beek and Jacinto Silva-Alvarez
4:00pm	Mindfulness	Mindfulness	Mindfulness
4:20pm	<b>DBT Skills Training:</b> Homework Review (Skills Strengthening)	<b>Teen-Only Group:</b> Homework Review	<b>DBT Skills Training:</b> Homework Review (Skills Strengthening)
5:15pm	Break	Break	Break
5:30pm	<b>DBT Skills Training:</b> New Teaching (Skills Acquisition)	<b>Teen-Only Group:</b> Building Structure, Health & Wellness, and Executive Functioning	<b>DBT Skills Training:</b> New Teaching (Skills Acquisition)
6:45pm	Assign Homework (due Thursday) Wind Down	Assign Homework (due next Wednesday) Wind Down	Assign Homework (due Monday) Wind Down

## Portland DBT Institute's Teen IOP CONTACTS

Name	Phone #	Email	Role
Leigh Moralez, MS (they/she)	(971) 339-3528	lmoralez@pdbti.org	Multi-Family Group Leader
Kasey Bumgardner, QMHA (she/her)	(971) 339-3531	kbumgardner@pdbti.org	Co-Leader
Kristen Schuch, LPC (she/her)	(971) 703-7906	kschuch@pdbti.org	Teen-Only Group Leader
Kim Van Beek, QMHA (she/her)	(971) 339-3522	kvanbeek@pdbti.org	Co-Leader
Peter Henry, QMHA (she/her)	(971) 339-3536	phenry@pdbti.org	Co-Leader
Bonnie Rudder, LCSW (she/her)	(503) 290-3283	brudder@pdbti.org	Multi-Family Group Leader
Jacinto Silva, QMHA (he/they)	(971) 703-7905	jsilvaalvarez@pdbti.org	IOP Clinical Operations Associate & Co-leader
Andrew White, Ph.D, ABPP (he/him)	(503) 290-3281	awhite@pdbti.org	Teen & Family IOP Manager
			Individual Therapist

### Zoom Link for Teen & Family IOP Group Skills Training

(Same link every time)

Topic: DBT Skills Training - Teen &  
Family IOP

Meeting ID: 984 4569 5475

One tap mobile

Time: This is a recurring meeting Meet  
anytime

+16699006833,,98445695475# US (San  
Jose)

Join Zoom Meeting

+13462487799,,98445695475# US  
(Houston)

<https://zoom.us/j/98445695475>

Find your local number:  
<https://zoom.us/u/a9SYlx6Sb>

# Additional Guidelines for Participation

(For full participation guidelines, see pg.12 in *DBT Skills Training Handouts and Worksheets*)

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1. All sessions are confidential. No photos, videos, or recordings during group Zoom sessions. When participating over Zoom, make sure you are in a private, closed space (i.e., where other people cannot see or hear other group members). This means NO parents/caregivers present or in the background during Wednesday's Teen-Only group
  2. Be respectful. Pay attention, give constructive feedback when appropriate, and avoid judgments and judgmental language. Participate in group as mindfully as possible – keeping **cameras on** and microphones muted unless speaking.
  3. Avoid descriptions of experiences that can generate and cue strong, negative emotions associated with our problem behaviors. Instead, label them as “target behaviors” while participating in groups. Examples of target behaviors or experiences include substance use, self-harm, explicit details of trauma, etc.
  4. Please avoid cliquy behaviors. Be inclusive, and keep it light! Group members are welcome to stay in touch outside of group, so long as all communication takes place in a group chat where ALL group members are invited to participate. Similarly, if group members decide to go on an outing together, ALL group members should be invited and have parental permission. Once group members graduate, they must be removed from group chats when new members join in order to ensure confidentiality.
  5. If you are in a crisis, you should contact your individual therapist for skills coaching. Group members are asked NOT to contact one another during those times.
  6. Missing **THREE groups in a row** or **TWO individual therapy sessions in a row** means you are out of the IOP altogether. That includes all IOP services – including individual therapy.
  7. As outlined in the IOP consent form, a no-show/late cancel for an IOP group sessions means you will be charged \$225. An advanced cancel with at least 24-hours' notice means you will be charged \$100. Please discuss this policy with your individual therapist to problem solve particular instances.
  8. All clients must physically be in Oregon to receive IOP services. If you plan on traveling out of state, please reach out to your IT or the IOP manager for problem-solving.
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Unit	Monday	Wednesday	Thursday
<b>Unit 1: Living with Intention</b>	Goals of Skills Training (p.16) DBT Assumptions (p.19) Mindfulness: Why Bother? (p.23) 3 States of Mind (p.24)	Building Structure Unit 1:	Biosocial Theory (p. 13-15) "WHAT" Skills (p. 25) "HOW" Skills (p.26)
<b>Unit 2: Surviving a Crisis</b>	Why Bother Tolerating Painful Feelings/Urges (p.65) IMPROVE (p.71) ACCEPTS (p. 75) Self-Soothe (p.76)	Building Structure Unit 2:	STOP (p. 67) TIPP (p.68-69) Pros & Cons (p.81)
<b>Unit 3: Letting Go with Acceptance</b>	Radical Acceptance (p.84) Turning the Mind (p.85)	Building Structure Unit 3:	Willingness (p. 87) Half-Smile & Willing Hands (p.88) Practicing Half-Smile/Willing Hands (p.89)
<b>Unit 4: Understanding your Emotions</b>	Taking Charge of Your Emotions: Why Bother? (p.131) Goals of Emotion Regulation (p.132) What Good Are Emotions? (p.133) A Model of Emotions w Skills (p.134)	Building Structure Unit 4:	Checking the Facts (p.158) Opposite Action and Problem-Solving (p.164)
<b>Unit 5: Building Positive Emotions</b>	ABC PLEASE (p.146) Acc. Positives Short-Term (p. 147) Acc. Positives Long-Term (p.152)	Building Structure Unit 5:	Values and Priorities (p.153) Build Mastery and Coping Ahead (p.154)
<b>Unit 6: Managing Difficult Emotions &amp; Letting Go of Suffering</b>	Mindfulness of Current Emotions (p. 160) Opposite Action Review (p.165)	Building Structure Unit 6:	Troubleshooting ER Skills (p.181) Review ER Skills (as Needed)
<b>Unit 7: Building Strong Relationships</b>	What is Your Goal and Priority (p.185) What Stops You from Achieving Your Goals (p.186) DEARMAN (p.191) GIVE (p. 196)	Building Structure Unit 7:	Worry Thoughts and Wise Mind Self-Statements (p.187) FAST (p.199) Factors to Consider (p.192) THINK Skills (p.205)
<b>Unit 8: Walking the Middle Path</b>	Dialectics: What Is It? (p.98) Dialectics: "How-To" Guide (p.99) Thinking Mistakes (p.101) Dialectical Dilemmas (p.102) Typical Adolescent behavior (p.104) Validation (p.107)	Building Structure Unit 8:	"How-To" Guide to Validation (p.108) How Can We Validate Ourselves? (p.109) Ways to Increase Behaviors (p.117) Ways to Stop/Decrease Behaviors (p.120)