



DIALECTICAL BEHAVIOR THERAPY FOUNDATIONAL TRAINING™

December 9-13, 2019 | Seattle, WA

Applications will be accepted on a rolling basis until November 11, 2019. Apply ASAP to reserve your place!

WELCOME

Thank you so much for your interest in our Dialectical Behavior Therapy Foundational Training™ (“Foundational”). We would like to provide some information to make the process as clear as possible. We field many requests from individuals who are currently members of Intensively-trained DBT® teams who did not have the opportunity to attend the Dialectical Behavior Therapy Intensive Training™ (“Intensive”) with their team. As a result, we offer this Foundational Training that covers the standard content taught at the Part 1 of the Intensive. The Foundational is designed specifically for individual or skills therapists who are already members of an Intensively-trained team, but who have not completed Intensive training themselves. Foundational participants are required to complete several of the homework assignments required in the Intensive, as well as the take-home DBT examination. It is expected that Foundational participants fully commit themselves to learning DBT content in order to receive letters of completion for the training. The Foundational is a comprehensive course of study including:

1. Preparation

- Guided self-study of DBT manuals and other required readings
- Online Training (optional)
- Learning Communities (optional)

2. Instruction

- Five days of in-person instructor-led lectures, demonstrations, and small group exercises used to teach DBT theory and strategies in-depth

3. Implementation

- Three months of working with your mentor to hone your DBT clinical skills and complete comprehensive homework assignments

APPLICATION PROCESS & TUITION

✚ Apply before November 11:

- ☐ DBT Foundational Training Application
- ☐ \$50.00 USD Application Fee
- ☐ Any requests for accommodation due to disabilities

✚ Acceptance Notification:

- Applicants will be notified of acceptance no later than **November 15.**
- Submission does not guarantee acceptance to the Foundational.

✚ **Submit all sections of this application, including the application fee. Incomplete application packets will not be considered.**

✓ Mentorship Agreement

✓ Training Agreement

✓ Photo and Video
Release Form

✓ Application fee*

*Application fees are non-refundable and are not a credit towards the tuition. Applications without application fees and an accompanying Mentorship Agreement will not be considered.

PREREQUISITES:

✚ All participants must read the following prior to attending the Foundational Training:

- Linehan, M. M. (1993). [*Cognitive Behavioral Treatment of Borderline Personality Disorder*](#). New York: Guilford Press.
- Linehan, M.M. (2015). [*DBT® Skills Training Manual \(2nd ed.\)*](#). New York: Guilford Press.
- Linehan, M.M. (2015). [*DBT® Skills Training Handouts & Worksheets \(2nd ed.\)*](#). New York: Guilford Press.

(Books can be ordered online at www.behavioraltech.org or by contacting Behavioral Tech at 206.675.8588).

✚ In order to attend, a participant must:

- Be a current member of an Intensively trained team.
- **Complete the Mentorship Agreement at the end of this application.**
- Be involved in clinical work, so as to apply what is learned to real-life situations.
- Be invested in learning DBT to a high standard in order to better implement the treatment in their usual settings.
- Agree to attend and fully participate in the entire training in a willing, committed manner.

- Have learned DBT in one-day or two-day workshops and/or from self-guided study of the treatment manuals.
- Agree to read Linehan's Skills Manual and textbook on DBT prior to attending



HELPFUL RESOURCES FOR PREPARATION: www.BehavioralTech.org:

✚ Online Training (www.behavioraltech.org/ol)

✚ Products (<https://behavioraltech.org/store>):

- Books:
 - References for clinicians
 - Dr. Linehan's manuals and workbooks
 - *Treatments that Work* series, Oxford University Press
- Videos about DBT or BPD, many featuring Dr. Linehan
- Mindfulness CDs: for clinicians, friends, and families

✚ Research & Related DBT Resources

(www.behavioraltech.org/Resources):

- Tools for Clinicians:
- Research, clinical, and funding resources
- Mindfulness teachings and exercises
- DBT-Linehan Board of Certification (DBT-LBC): How BTECH can support you in preparing for Certification

TRAINING-SPECIFIC INFORMATION:

General Schedule:

8:00 - 8:30 *Registration, Sign-In*
8:30 - 9:30 **Mindfulness**
9:30 - 10:15 **Morning Session 1**
10:30 - 12:00 **Morning Session 2**
1:00 - 2:15 **Afternoon Session 1**
2:30 - 3:45 **Afternoon Session 2**
4:00 - 4:50 **Closing Session; Assign Homework**
4:50 - 5:00 *Q & A/ Evaluation, Sign-Out*

Note that the last day ends at 4:00 PM

Venue:

Silver Cloud Inn – Broadway
1100 Broadway, Seattle, WA
(<https://www.silvercloud.com/seattlebroadway/>)

Accommodations:

There are a variety of accommodations in town. You can find a map here: <https://goo.gl/maps/v3T8ecgE31H2>

WHAT TO EXPECT

- The Foundational is a course of study that requires a great deal of time and attention.
- It is essential that all readings and homework be completed on schedule. Training assumes participants have this background information, and failure in preparation will have a significant negative impact on training.
- During the training, participants must clear their schedules of all other obligations, including scheduled appointments with clients.

EXPECTED COURSE MILESTONES:

Before Onsite Training

- Complete required readings
- Online Training (optional)
- Learning Communities (optional)

During Onsite Training

- Determine methods of collecting client outcome data
- Strengthen knowledge of the research, theory, strategies, procedures, and protocols of DBT

After Onsite Training:

The First Week

- Meet weekly with your DBT Consultation Team.
- Begin reading additional required materials

Month 1

- Begin collecting client data
- Begin homework assignments
- Consult with Mentor

Month 2

- Complete first round of DBT exam
- Consult with Mentor

Month 3

- Complete suicide practice call with mentor
- Complete second round of DBT exam and review with Mentor
- Consult with Mentor
- Submit Case Formulation to Mentor
- Complete homework
- Complete & finalize DBT Exam
- Tally and record score sheets
- Consult with Mentor and submit score sheets to BTECH

Month 4+

- Continue weekly DBT Consultation Team meetings
- Continue to collect data and improve program and practice
- Consult with Mentor as needed



PERSONAL INFORMATION

First Name: _____ Middle Initial: _____ Last Name: _____ Degree: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone Number: _____ E-mail: _____

Telephone Number for urgent updates related to training or schedule: _____

Name exactly as it should appear on your CE Letter and name tag (please include any degree or licensure suffixes): _____

Discipline (required for CE/CME):

- | | |
|---|--|
| ☐ Physician (ACCME) | ☐ Mental Health Counselor (NBCC) |
| ☐ Nurse (ACCME) | ☐ Marriage and Family Therapist (MFT) |
| ☐ Psychologist (APA) | ☐ Other _____ |
| ☐ Substance Abuse Counselor (NAADAC) | ☐ Not applicable |
| ☐ Social Worker (NASW) | |

ACKNOWLEDGEMENTS OF COURSE PREREQUISITES

This training is limited to individuals who are currently a member of an Intensively Trained team.

I meet the prerequisites for this course (circle one): **Y / N**

Please provide the following information.

What is the name of your agency or other work setting? _____

Of what DBT® Team are you member? _____

How long have you been a member of this team? (number of months): _____

How often do you attend your consultation team?

☐ 90-100% ☐ 75-90% ☐ 50-75% ☐ Less than 50%

Team member who will serve as mentor: _____

Mentor's Intensive Dates: _____ City: _____ State: _____

Instructors: _____

REASONS FOR APPLYING FOR DBT TRAINING

List specific expectations you have for yourself in this training _____

What other information would you like to provide in support of your application? _____



MENTORSHIP AGREEMENT

NOTE TO MENTOR: We field many requests from individuals who are currently members of Intensively-trained DBT teams who did not have the opportunity to attend the Dialectical Behavior Therapy Intensive Training™ (“Intensive”) with their team. As a result, we offer the Dialectical Behavior Therapy Foundational Training™ (“Foundational”) that covers the standard content taught at the Part 1 of the Intensive. The Foundational is designed specifically for individual or skills therapists who are already members of an Intensively-trained team, but who have not completed Intensive training themselves. Foundational participants are required to complete several of the homework assignments required in the Intensive, as well as the take-home DBT examination. It is expected that Foundational participants fully commit themselves to learning DBT content in order to receive certificates of completion for the training.

Foundational participants must currently be serving on a DBT Consultation Team that includes a member who has completed the Dialectical Behavior Therapy Intensive Training™ or other comprehensive DBT training. It is the responsibility of the Foundational participant and the team member to evaluate his/her qualifications to serve as a mentor. Comprehensive training in DBT includes:

- Training in the content of DBT
- Training in the process of establishing a DBT Consultation Team and Program

This team member must:

- Serve as a Mentor to the Participant
- Ensure that the Participant is oriented to their role on the DBT Consultation Team and is a functioning member of their team
- Confirm that the Foundational Participant has fulfilled all prerequisites to attend the Foundational training (see below)
- Meet with the Participant on a regular basis (outside of regular Consultation Team meetings) to provide support and corrective feedback as the Participant completes the required readings and homework
- Agree to serve as Mentor for a minimum of one year.

In order to attend a Foundational Training, a participant must complete the following prerequisites:

- Be a current member of an Intensively-trained team
- Be invested in learning DBT to a high standard in order to better implement the treatment in their usual settings. Participants agree to attend and fully participate in the entire training in a willing, committed manner.
- Meet weekly as part of a DBT consultation team
- Have learned DBT in one-day or two-day workshops and/or from self-guided study of the treatment manuals.
- Have read the DBT treatment manual: Linehan, M.M. (1993). *Cognitive-behavioral treatment of borderline personality disorder*. New York, NY: Guilford Press
- Have read the DBT skills training manuals: Linehan, M.M. (2015). *DBT Skills Training Manual (2nd Ed.)*. New York, NY: Guilford Press.

Participant's Full Name: _____

Mentor's Full Name: _____

Agency or Team Name: _____

Anticipated Frequency of Contact with _____

Dates of Mentorship: _____

Mentor _____

I, _____, confirm that _____ is a member of the DBT Consultation Team listed above and that our team meets on a weekly basis at _____. I agree to support, monitor, and provide feedback to them while they complete the DBT Foundational Training and homework. I understand that this involves assisting them with meeting prerequisites and completion of homework assignments. I agree to provide BTECH with verification that homework assignments have been completed within the required timeframe.

Signature of Mentor _____ **Date** _____



TRAINING AGREEMENT

The Training Agreement requires your signature before you participate in the training. The form asks you to acknowledge that although DBT has empirical support regarding its efficacy, your clinical judgment is required in its application to particular settings and clients. The agreement also specifies how you are allowed to use the training materials supplied to you to train others in your setting.

I, _____, agree that my participation in the Dialectical Behavior Therapy Foundational Training™ is with the following understandings:

1. I understand that although there is empirical evidence for the effectiveness of DBT, this evidence is not presented as a guarantee, either direct or implicit, of the efficacy and/or effectiveness of this treatment.
2. I understand that DBT is a complex, evidence-based treatment protocol, appropriate as a part of many treatment strategies; however, DBT may not be considered to be the current “standard of care” for any particular clinical population, and each practitioner must independently evaluate and use his or her own judgment in treating clients.
3. I understand that there are other treatments available for suicidal populations and that DBT is only one such treatment.
4. I agree to maintain strict confidentiality about participant, patient- or client-specific information that may be shared during this training. I agree to not discuss this information with anyone outside of the training room, nor say or do anything that compromises the participants’ or patient’s confidentiality.
5. I understand that by attending this training I may participate in the review of one or more confidential, videotaped individual or group therapy sessions. If I happen to know any patient(s) in that video in any context, I agree to excuse myself from the room and not see the video.
6. I understand that BTECH has a strict policy prohibiting audio or visual recording for all aspects of training provided by Behavioral Tech trainings. I recognize and agree that recording without permission will result in a violation of patient confidentiality and may subject me to legal action.

Accepted: _____

I, _____,

7. Understand that the DBT® Training Materials are provided by Behavioral Tech for the purpose of my own education and training to use in my own clinical practice. I agree that the DBT Training Materials are Behavioral Tech’s intellectual property and are provided to me as a perpetual, revocable, non-exclusive, non-transferable, and non-sublicenseable license.
8. Agree that I will not copy, modify, duplicate, publish, or distribute the training materials provided by Behavioral Tech without the express written permission of Behavioral Tech.
9. Understand that I may not use the training materials provided by Behavioral Tech for the training of employees and staff in my home department, hospital, clinic or agency.
10. Agree that I will not accept compensation for presentations or training using the DBT Training Materials without the express written permission of Behavioral Tech and the copyright holders of those materials.
11. Agree that any other use of the DBT Training Materials provided by Behavioral Tech for the Dialectical Behavior Therapy Foundational Training™, or sent to me as an alumnus of the Dialectical Behavior Therapy Foundational Training™, is prohibited without the express written permission of Behavioral Tech and the copyright holders. I understand the copyrighted materials include, but are not limited to, audiovisual aids, handouts, and reprints.
12. Understand and agree that participation in the Dialectical Behavior Therapy Foundational Training™ does not imply affiliation between Behavioral Tech and myself, nor does it imply certification or that I am an adherent or competent DBT therapist. I agree that I will not hold myself out as agent of Behavioral Tech, nor will I represent Behavioral Tech as my supervisor. I further agree that Behavioral Tech shall not be liable to me or any third party for any damages of any kind for my use of the Training Materials, and in no event shall Behavioral Tech be liable for direct damages exceeding \$100.00.
13. Agree that this Training Agreement and license shall terminate automatically if I violate its terms or upon 30 days’ written notice. Upon termination, I shall return all documents and tangible materials containing the intellectual property.

Accepted: _____

By signing my name below I agree to and accept all terms of this agreement.



Signature _____

Date _____

Training: Seattle, WA - December 9-13, 2019

PHOTO AND VIDEO RELEASE FORM

Permission to Use Photographs or Videos

Event: Dialectical Behavior Therapy Intensive Training™

Dates: PART 1: December 9-13, 2019
PART 2: June 22- 26, 2020

Location: Silver Cloud Inn – Seattle Broadway
1100 Broadway
Seattle, WA

I grant to Behavioral Tech, LLC and/or the Linehan Institute the right to take photographs and videos of me in connection with the above identified event. I authorize Behavioral Tech, LLC and/or the Linehan Institute to copyright, use, and publish the same in print and/or electronically.

I agree that Behavioral Tech, LLC and/or the Linehan Institute may use such photographs of me with or without my name and for any lawful purpose, including publicity, illustration, advertising, and web content.

I have read and understand the above:

Signature _____

Printed name _____

Address _____

Date _____

FINALIZING APPLICATION AND PAYMENT OF APPLICATION FEE & TUITION

Application Deadline and Tuition Schedule

>> Early Bird Discount <<..... \$1495 per person

- Submit your application by July 23
- Receive your acceptance and pay your tuition by July 31

Standard Registration..... \$1595 per person

- Submit your application by October 23
- Receive your acceptance and pay your tuition by October 31

Last Minute Registrations..... \$1695 per person

- Submit your application by November 15



E-mail completed application materials to support@behavioraltech.org or fax to 1.206.675.8590.

You can also mail your application materials to:

Behavioral Tech, LLC
ATTN: DBT Foundational Training
1107 NE 45th Street, Suite 114
Seattle, WA 98105

Notification of acceptance will be made on a rolling basis between now and November 15, 2019. Please allow at least 1 week for processing. If you have not received a response within 6 weeks of submitting your application, please contact Behavioral Tech for a status update.

Information regarding travel and accommodations will be provided with your acceptance letter.

If you require special accommodations, please contact Behavioral Tech at 206.675.8588 as soon as possible or no later than November 4 to allow us time to accommodate your needs.

APPLICATION FEE

- ☐ **Application Fee** per person (non-refundable) \$50
Due within 7 days of your application.

The application fee can be paid via our website: <https://behavioraltech.org/event/5201-dbt-foundational-seattle/#event-register>

- Please note that we will cancel your application fee if we do not receive your application form within 7 days of application fee payment. Applications without application fees will not be considered.
- If you have any questions, please call our Customer Service Team at 206.675.8588.

Please provide the following information regarding your application fee:

Order # (provided in payment confirmation email): _____

Please provide the following information regarding your tuition fee:

- ☐ I am paying my tuition fee.
- ☐ My agency is paying my tuition fee.

Email of payer: _____

TUITION PAYMENT

Please see the **Application Deadline and Tuition Schedule** above for rates and deadlines.

Tuition payment is sent separately (after acceptance notification). Tuition payment is due upon receipt of an invoice; if payment is not received, we may release your space to another applicant. Please note that anyone paying for an application or tuition fee via credit card will need to have an account on [BehavioralTech.org](https://behavioraltech.org).



In order to receive discounted tuition, we MUST receive your full payment by the tuition due date.