

Conceptualizing Cases in Dialectical Behavior Therapy®

4-hours on demand with Shari Manning Ph.D.

Case conceptualization is an integral piece of Dialectical Behavior Therapy (DBT). It bridges the gap between the philosophical, strategic and structural pieces of the treatment. Case conceptualization is begun in pre-treatment and changes as information is gathered through assessment, chain analysis and application of the various treatments used in DBT.

In many ways, the case conceptualization process is “thinking DBT.” As such, when the Linehan Board of Certification determined that there needed to be a means of measuring whether or not potential certificate holders could formulate cases from a DBT perspective, formal case conceptualization was added to the work sample section of DBT Individual Certification (www.dbt-lbc.org). In this process, applicants are asked to complete a written case conceptualization based on the client whose session tapes will later be submitted to the board for adherence coding (the final aspect of the certification process).

This course is designed for clinicians who: 1) want to learn how to conceptualize treatment from a DBT framework, 2) want to increase their DBT fidelity, 3) are in the certification process or are interested in becoming certified in upcoming years. Note: this course is not a requirement for certification nor is affiliated with the DBT-LBC.

Shari Manning, PhD, the instructor for this course, has been involved in the DBT-LBC work product demonstration and has recently completed a chapter on case conceptualization for a book in press.

Because of the brief nature of this course, participants are assumed to have working knowledge of the concepts in DBT case conceptualization. These include: biosocial theory, primary and secondary targets, stages of treatment chain analyses and DBT change procedures. Participants will review sections of the case conceptualization and practice identifying them in their own client population.

Do you want some individualized time to review a case conceptualization or plan for certification? We also offer CUSTOMIZED CERTIFICATION PREPARATION AND PLANNING. For more information and/or to schedule your assessment times, contact Helen Best at hbest@ticllc.org or (206)251-5134.

Topics for the Course Include:

Week 1:

- Introduction to DBT case conceptualization
- Historical information on case conceptualization
- Goals, problems and targets
- Controlling variables and solutions
- Outcome measures

Week 2:

Participants will be called upon to present the following information from their case:

- Biosocial Theory
- Life Worth Living Goals
- Behaviorally Defined Problems
- Stages
- Primary Targets
- Controlling Variables
- Solutions
- Outcomes

Course Objectives:

Following this course, participants will be able to:

1. Describe the rationale for DBT case conceptualization.
2. List the topics in a DBT case conceptualization.
3. Create a case conceptualization for a DBT client.
4. Use behaviorally specific language to define client behavior.

Prerequisites:

Participants are assumed to have working knowledge of the concepts in DBT case conceptualization. These include: biosocial theory, primary and secondary targets, stages of treatment chain analyses and DBT change procedures. Participants will review sections of the case conceptualization and practice identifying them in their own client population.

About the Instructor:

Dr. Manning is the Chief Executive Officer and one of the three founders of TIC. She is also the founder of the South Carolina Center for Dialectical Behavior Therapy (now the SC Center for DBT, LLC), a private practice that offers standard outpatient and intensive DBT treatment for adults and adolescents. She has supervised therapists at the Behavioral Research and Therapy Clinics at the University of Washington and the University of South Carolina as well as training and supervising therapists and programs at the SC Department of Mental Health and SC Department of Corrections. Dr. Manning consults extensively to state and private mental health programs, domestically and internationally, at all levels of client care, including forensic and criminal justice settings. Her research includes investigations of the efficacy of DBT with incarcerated women with borderline personality disorder (BPD) and with adult women with co-morbid BPD and eating disorders. Dr. Manning has written several published chapters and articles on DBT and its implementation. Her book for family members, *Loving Someone with Borderline Personality Disorder: How to Keep Out-of-Control Emotions from Destroying Your Relationship* was published in 2011 by Guilford Press.

Dr. Manning has been leading DBT consultation teams since 1993 and has been a member of the consultation teams at Linehan's Behavioral Research and Therapy Clinics. She is currently working with consultation teams around the world to strengthen their team process.

Tuition:

\$50 per person (USD)

Register online at www.ticllc.org.

Checks payable to: Treatment Implementation Collaborative
Mail to: 6327 46th Avenue SW, Seattle, WA 98136

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If you have questions about this or other training opportunities or would like to have TIC come on site for training or consultation, please contact Helen Best at hbest@ticllc.org or (206) 251-5134.

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