

## Using the Secondary Targets in Dialectical Behavior Therapy®

1-hour On Demand Course



In Dialectical Behavior Therapy, the therapy agenda for individual psychotherapy is created from a diary card (self-monitoring document) that tracks target behaviors over each day. In Stage 1 DBT, the primary targets include decreasing Life Threatening, Therapy Interfering and Quality of Life Interfering behaviors and increasing the behavioral skills taught in DBT. In Stage 2 DBT, the targets are usually related to PTSD symptoms and other emotional or experiential avoidance behaviors. Throughout all stages of treatment, the therapists and clients look for patterns that maintain the primary targets. These patterns include six behaviors called secondary targets. Secondary targets are identified in analysis of problem behaviors in through in-session behaviors.

This 1-hour course provides an overview of each of the six targets including what behaviors to look for, the role of anger and shame in each target and treatments for the six secondary targets.

Because of the brief nature of this course, participants are assumed to have working knowledge of the primary targets in DBT and how they are treated. In addition, the participants should have knowledge of the DBT behavioral skills that are taught to clients.

### COURSE OBJECTIVES

Following this course, participants will be able to:

1. Explain where/how to identify the six secondary targets of clients in DBT.
2. Describe the behaviors of each of the six secondary targets.
3. List the strategies for treating each of the targets.

### 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.

Dr. Manning is a Certified DBT Clinician by the DBT-Linehan Board of Certification (November 2015).

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If you have questions about registering for this course please contact Cindy Best at [cbest@ticllc.org](mailto:cbest@ticllc.org) or (206) 251-5157. If you have questions about other training opportunities or having us come on site for Implementation training, please contact Helen Best at [hbest@ticllc.org](mailto:hbest@ticllc.org) or (206) 251-5134.