

Advanced Topics in Dialectical Behavior Therapy :: DBT for Substance Use Disorders (DBT-SUD)[®]

4-hour on demand course with Dorian Hunter, Ph.D.

Advanced Topics in DBT: DBT for Substance Use Disorders (DBT-SUD)[®] is designed for anyone who has completed basic training in DBT, has been providing DBT individual psychotherapy or skills group interventions, and is looking to increase their knowledge and effectiveness in working with individuals with substance use disorders and comorbid conditions within a DBT framework. There is a large overlap between problem substance use and suicide behaviors, for which DBT-SUD is a good option for intervention for many clients. Further, for clients with certain comorbidities, DBT may be the treatment of choice. This training will familiarize you with some key concepts and help you distinguish differences between standard comprehensive DBT and DBT-SUD.

This training will be pre-recorded and offered on demand, which we hope will maximize the training's accessibility and ability to be absorbed. Further consultation and instruction are available through Treatment Implementation Collaborative.

1. COURSE TOPICS

Session 1: Introduction

- Research Base
- Culture and Diversity
- Inclusion/Exclusion
- Reading recommendations

Session 2: Pre-treatment

- Definition of Addiction in DBT
- Biosocial model revisited
- Modes and Functions
- Establishing goals

Session 3: Individual Therapy adaptations

- Butterfly clients and strategies
- How to address lying
- Urges and cravings
- Diary card
- Chain analysis
- Relapse prevention

Session 4: DBT-SUD Skills: DCBA Stepping Down from Addiction

- Dialectical abstinence and building an abstinence plan
- Clear Mind and Community Reinforcement
- Burning Bridges and Building New Ones
- Alternate Rebellion and Adaptive Denial



2. OBJECTIVES

Following this training, participants will be able to:

1. Identify for whom DBT-SUD is appropriate
2. Define addiction according to DBT-SUD
3. Discuss how to handle urges and lying DBT-SUD
4. Be able to explain at least one DBT-SUD specific skill

4. WHO SHOULD ATTEND

Advanced Topics in DBT: DBT for Substance Use Disorders (DBT-SUD) is designed for clinicians who have attended a minimum of 5 days of DBT training. This training will provide information about augmentation of standard comprehensive DBT specifically for substance use disorders.

This training is also appropriate for those clinicians who are preparing for Certification as a DBT Individual Clinician through the DBT-Linehan Board of Certification. It will also be effective on-going training for the Maintenance of Certification for currently certified DBT-LBC clinicians.

5. COURSE PREREQUISITES

It is expected that all participants have read the following books:

1. Linehan, M. M. (1993a). *Cognitive Behavioral Treatment of Borderline Personality Disorder*. New York: Guilford Press.
2. Linehan, M. M. (2015). *DBT Skills Training Manual*. New York: Guilford Press.
3. Linehan, M. M. (2015). *DBT Skills Handouts and Worksheets*. New York: Guilford Press.

We always find that those who get the most out of our courses are those who have met these requirements.

6. TUITION & REGISTRATION

\$100 per person (USD)

Register online at www.ticllc.org and click on Training Registration. Pay by credit card, PayPal or check (you do not need to have a PayPal account to pay online, just choose guest checkout).

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

6. CONTINUING EDUCATION

Participants who pass the post training quiz with a score of 80% or higher, will receive their choice of a letter of completion for **DBT-LBC continuing education hours** or **APA credit**.

Treatment Implementation Collaborative, LLC (TIC) is approved by the American Psychological Association to sponsor continuing education for psychologists. TIC maintains responsibility for this program and its content.

APA Letters of Participation will be emailed to individuals who participate in 100% of the 4 hours of live instruction and receive a score of 80% or higher.

7. INSTRUCTOR

Dorian Hunter, Ph.D. is a DBT-Linehan Board of Certification Certified Clinician and licensed clinical psychologist in Washington State. She provides APA-approved continuing education trainings and workshops on Dialectical Behavior Therapy (DBT), mindfulness and mindfulness-based interventions, alcohol and other substance use disorders, and cognitive behavioral therapy (CBT). She currently trains and provides consultation to DBT teams with Treatment Implementation Collaborative, teaching individual DBT clinicians and DBT teams hoping to implement DBT, increase their treatment fidelity, and improve clinical skills. She also practices clinically and trains students and fellows within a collective called The Seattle Clinic (TSC). Dr. Hunter co-facilitates with her DBT team both a graduate student practicum and a post-doctoral training program, in which she provides didactics and supervises trainees in all modes of DBT.

Dr. Hunter completed her undergraduate, post-baccalaureate, and post-doctoral training at the University of Washington Behavioral Research and Therapy Clinics (BRTC), under the direction of the DBT treatment developer, Dr. Marsha Linehan. At the BRTC she worked as a research assistant, treatment coordinator, research fellow, and study therapist on multiple studies of DBT, including pilot studies and clinical trials focused on development and evaluation of DBT for clients with suicidal behaviors, alcohol and other substance use disorders, and multi-family DBT for adolescents and their parents. Dr. Hunter completed her Masters' and Doctorate degrees at Rutgers University, where she was a National Institute on Alcohol Abuse and Alcoholism (NIAAA) fellow throughout her training. Her graduate work focused primarily on learning and evaluating cognitive behavioral interventions for alcohol and other substance use disorders, particularly through the lens of interpersonal functioning. She additionally completed a clinical post-doctoral fellowship at the Evidence Based Treatment Centers of Seattle, with specialized training in DBT and interventions for anxiety disorders. Dr. Hunter has published book chapters and articles on DBT and other evidence-based interventions and underlying psychological processes related to behavior change.

Disclosures:

Dorian Hunter, Ph.D. is a consultant for Treatment Implementation Collaborative, and owns an independent practice. She is paid for providing trainings and services in DBT.

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TIC is not responsible for any presenter or participant statements, acts, materials or omissions. The use of audio/video recording is not permitted at any training. TIC reserves the right to cancel the training or change the instructors and content at our sole discretion.

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If you have questions about registering for this course please contact Cindy Best at 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 or (206) 251-5134.