

CAG Psychotherapy

Course in Dialectical Behaviour Therapy (DBT)

2020-2021

Contents

This course in Dialectical Behaviour Therapy (DBT) is developed in collaboration with British Isles DBT Training and Professor Michaela Swales, who is also the main teacher. The course is the first designed to meet the criteria for an internationally approved DBT course and is outlined according to British Isles' DBT Training's *Intensive Training*. The course material is provided by Behavioural Tech at Linehan Institute Training Company, which has been developed in collaboration with the therapy originator Professor Marsha Linehan. The course offers a thorough insight into the conceptual foundation of DBT and the therapeutic tools used in treatment.

The course includes a theoretical element, in which course attendants will learn about the central concepts and the link between DBT and Cognitive Behavioural Therapy (CBT), as well as a period of implementation in which attendants are to practice the DBT skills with patients.

Target groups

The DBT course is primarily structured towards out-patient programmes that treat non-psychotic patients with borderline personality disorder and emotional dysregulation who engage in self-harm and suicidal behaviour, but the course is also suitable for patients with eating disorders and problems with substance abuse.

Moreover, the course includes treatment tools for adolescents and thus the course will be relevant for psychotherapists at the child and adolescent psychiatric facilities.

Framework

As a participant you can choose between a full course or a reduced course:

- **Full course:** The full course lasts approximately one year in total and includes a month *preparation period* before the classes start, an *introduction period* with teaching, which lasts five days in a row, an *implementation period* of nine months without teaching in which you practice the DBT skills with your patients and, a period of *practice improvement* with teaching five days in a row.
- **Reduced course:** The reduced course starts in the *implementation period* and follows the same structure as the full course. The reduced course is only for participants who already have established a DBT programme and are familiar with DBT skills.

Requirements for participation

The course is structured in accordance with British Isles' requirements for *Intensive Training*, and

you will be individually assessed by the lead trainer when you apply for the course. Intensive Training is designed for training teams of mental health professionals who intend to provide a comprehensive Dialectical Behaviour Therapy programme within their clinical service. The requirements are as follows:

- You should be working actively as a psychotherapist with clients in a mental health facility setting.
- You should provide documentation for demonstrable graduate training in behaviour therapy. Alternatively, a colleague of yours should provide documentation for demonstrable graduate training in behaviour therapy and should attend the training as part of the team intending to deliver the DBT programme.

As part of the training, you are required to establish a DBT team. The requirements for the team are as follows:

- The team should have a qualified person with demonstrable graduate training in behaviour therapy.
- All teams must be genuine teams or participants should meet together to deliver a comprehensive DBT programme to a group of clients in a single setting, e.g. an out-patient setting. If you intend to treat more than one client group e.g. adults and adolescents or in more than one setting, e.g. inpatient and outpatient, you need to train staff for two separate programmes.
- The teams should strive at committing 15 hours per week to learning and delivering DBT. To begin with these hours will mainly consist of training but we expect that shortly after Part I applicants will start seeing patients within the programme.

Requirements for full course attendance: Participants do not need DBT skills beforehand but will need to acquire basic knowledge from reading about DBT in the preparation period. Participants are further requested to establish a DBT programme using the skills gained in the first part of the course. Before course start, participants are therefore asked to provide documentation for the possibility of establishing a DBT treatment programme.

Reduced course attendance: To participate in part 2 of the course only, you need to provide demonstrable graduate DBT skills and furthermore you need to already have established a DBT treatment programme that meets the requirements.

All team members must read the following texts prior to the training:

- Linehan, MM (1993) Cognitive Behavioral Treatment of Borderline Personality Disorder
- Linehan, MM (2015) Skills Training Manual for Treating Borderline Personality Disorder

Professional approval

The course is structured along the lines of British Isles' *Intensive Training* and in accordance with the Danish Psychologist Association's requirements for the following:

- 12.4.4.2.3. 'Anden teoretisk referenceramme'
- 13.4.4.2.3. 'Behandling'

Certification

The course is taught by internationally approved DBT trainers from *British Isles DBT Training*. The course is structured to meet the demands set by the external teaching requirements set by the Society for DBT, but to gain a post graduate diploma in DBT, further steps must be taken. However, this course does provide an internationally approved certificate for having gained the skills required for *Intensive Training*.

Course outline

Intensive training has several components. These are as follows:

➤ Preparation (part 1)

- Guided self-study of DBT manuals and other required readings.
- Learning Communities (optional). Team members attending the training together are advised to start meeting as a DBT Consultation Team before training starts to discuss what they are learning from reading the treatment manuals in preparation for the training.

➤ Instruction (part 1)

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

➤ Implementation (part 2)

- Nine months of developing and delivering your DBT programme and honing DBT clinical skills guided by a series of homework assignments provided at Part I as well as a self-study exam. Participants are required to commit a minimum of one to two-and-a-half days development work in the period between part 1 and 2 during which they will set up and deliver a DBT treatment programme for between 8-12 patients.

➤ Practice improvement (part 2)

- Five days of in-person instructor-led consultation on your specific program and cases, including protocols for specific treatment problems and adaptations of DBT. All participants, including those attending the reduced course, must bring prepared clinical material for discussion and consultation at the training.

Teachers and trainers

Professor Michaela Swales and Dr. Jim Lyng

Requirements for attending

Course attendants are expected to attend all courses. Course certificate is issued only if absence does not exceed 10 percent. Registration of attendance will be made at all workshops.

Course start

Part 1+2 - Full course:

- Preparation: January 6, 2020
- Workshop start: February 3 to 7, 2020

Part 2 - Reduced course:

- Implementation: February 10 to October 30, 2020
- Workshop start: November 2 to 6, 2020

Registration

Registration is made through *Kursusportalen*. Course fee is requested before course start, unless other agreements have been made with the CAG secretary. Registration is binding, and it is not possible to regain the course fee or part of it.

Registration deadline: December 16, 2019

Course fee

For employees in the Mental Health Services in the Capital Region:

- Full course (10 workshops including preparation and implementation period): DKK 18.000
- Reduced course (5 workshops including preparation and implementation period): DKK 10.000

Notice: participation in the reduced course is only for those with documented qualifications.

For employees outside the Mental Health Services in the Capital Region:

- Full course (10 workshops including preparation and implementation period): DKK 25.000
- Reduced course (5 workshops including preparation and implementation period): DKK 15.000

Contact

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Course program

PART ONE: Introduction
PREPARATION
Full course start
(Period: January 6 to 29, 2020)
<ul style="list-style-type: none"> • Guided self-study of DBT manuals and other required readings

• Learning communities (optional)		
Date, time and venue	Contents	Teacher
Workshop 1 Date: February 3, 2020 Time: 09:30 – 18:00 Venue: PC Stolpegård Room: Undervisningslokale	<ul style="list-style-type: none"> • Introductions, Orientation, Mindfulness & Behavioral Science Foundations • Foundations: Acceptance & Dialectical Principles; Underlying Assumptions • Case Formulation; Biosocial & Skills Deficit Models • Structure: Consultation Team 	Teachers Professor Michaela Swales & Dr. Jim Lyng
Workshop 2 Date: February 4, 2020 Time: 09:00 – 17:30 Venue: PC Stolpegård Room: Undervisningslokale	<ul style="list-style-type: none"> • Functions of Treatment, Levels of Disorder & Stages of Treatment • Primary & Secondary Targets of Treatment • Pre-treatment & Structure of Individual Therapy Sessions • Structure of Skills Training 	Teachers Professor Michaela Swales & Dr. Jim Lyng
Workshop 3 Date: February 5, 2020 Time: 09:00 – 17:30 Venue: PC Stolpegård Room: Undervisningslokalet	<ul style="list-style-type: none"> • Chain & Solution Analyses • Skills training – ER + DT • Skills training – IE + WMP • Exposure • Contingency Management 	Teachers Professor Michaela Swales & Dr. Jim Lyng
Workshop 4 Date: February 6, 2020 Time: 09:00 – 17:30 Venue: PC Stolpegård Room: Undervisningslokalet	<ul style="list-style-type: none"> • Validation • Chain & Solution Analyses • Suicide- Assessment and Crisis Management • Suicide – Treating Suicide 	Teachers Professor Michaela Swales & Dr. Jim Lyng
Workshop 5 Date: February 7, 2020 Time: 09:00 – 15:00 Venue: PC Stolpegård Room: Undervisningslokalet	<ul style="list-style-type: none"> • Stylistic Strategies (dialectical strategies, irreverence, reciprocal) • Case management and Protocols • Orientation to Part II 	Teachers Professor Michaela Swales & Dr. Jim Lyng
DEL 2: Udvikling af kliniske redskaber		

IMPLEMENTATION
Reduced course start

(Period: February 10 to October 30, 2020)

- Developing and delivering your DBT programme and honing DBT clinical skill
- Homework assignments
- Self-study exam
- Preparation of protocol for delivering DBT within own clinical setting
- Preparation of a clinical case that you have been treating over a period of training

Workshop 6 Date: November 2, 2020 Time: 09:30 – 18:00 Venue: PC Stolpegård Room: Undervisningslokalet	Program & Case Consultation Team Exercises & Planning; Additional Teaching	Teachers Professor Michaela Swales & Dr. Jim Lyng
Workshop 7 Date: Noember 3, 2020 Time: 09:00 – 17:30 Venue: PC Stolpegård Room: Undervisningslokalet	Program & Case Consultation Team Exercises & Planning; Additional Teaching	Teachers Professor Michaela Swales & Dr. Jim Lyng
Workshop 8 Date: November 4, 2020 Time: 09:00 – 17:30 Venue: PC Stolpegård Room: Undervisningslokalet	Program & Case Consultation Team Exercises & Planning; Additional Teaching	Teachers Professor Michaela Swales & Dr. Jim Lyng
Workshop 9 Date: November 5, 2020 Time: 09:00 – 17:30 Venue: PC Stolpegård Room: Undervisningslokalet	Program & Case Consultation Team Exercises & Planning; Additional Teaching	Teachers Professor Michaela Swales & Dr. Jim Lyng
Workshop 10 Date: November 6, 2020 Time: 09:00 – 15:15 Venue: PC Stolpegård Room: Undervisningslokalet	Program & Case Consultation Team Exercises & Planning; Additional Teaching	Teachers Professor Michaela Swales & Dr. Jim Lyng