**SAMPLE AGENDA**

**Trainer: Russ Marmor**

**5 Day Intensive Training Outline 2016:**

\*Mindfulness Exercises to start and end each section.

**Part 1**

1. Introduction:
	1. **Exercise 1: Intro to Training**
	2. Overview of Linehan Text:
	3. Overview of BPD:
	4. History of Diagnosis
	5. Diagnosis
	6. Statistics
	7. Etiology
	8. **Exercise 2: Describing Etiology**
	9. Overview of DBT
	10. CBT/Behaviorism/Rodgers
	11. Intro to Dialectics
	12. Linehan Story
	13. Intro to Data, Who DBT treats and outcome measures
	14. **Exercise 3: Review Data/Research to date, Inclusion Exclusion Criteria, MSI-BPD, and BSL-23.**
	15. Co Morbidity and BPD
	16. Early peak at therapy (Early Linehan Video)
	17. What works?
	18. Dialectical Dilemmas
	19. **Exercise 4: Dialectical Dilemmas**
	20. Video-Back from the Edge
	21. **Exercise 5: Back from the edge discussion**
2. The Skills & The Skills Group:
	1. Intro to Skills Training Group
	2. Mindfulness-Handout, **Exercise 6-Mindful Eating,** Video, DVD, Video
	3. Emotional Regulation -Handout
	4. Interpersonal Effectiveness-Handout
	5. Distress Tolerance –Handout
3. Consultation Group:
	1. Format and Purpose
	2. **Exercise 7: Consultation Agreements**
4. Therapy:
	1. Pretreatment
	2. Motivational & Commitment Strategies.
	3. Format-Handout
	4. Purpose
	5. **Exercise 8: Pretreatment role play**

**Part 2**

1. **Therapy (con’t)**
	1. Assumptions about Clients & Therapists
		1. Behaviorism Review
		2. Targets
		3. Validation
		4. Problem Solving
			1. Diary Cards
			2. Chain Analysis
			3. Solution Analysis
			4. **Exercise 9-Chaining Part I**
			5. **Exercise 10-Chaining Part II**
		5. Stylistic Components
			1. Strategies
			2. Irreverence
			3. Video
			4. Video II
		6. Cognitive Therapy Review
			1. **Exercise 11- Putting it all together Full 20 minute therapy sessions.**
2. Skills Coaching:
	1. **Exercise 12- Skills Coaching with Decision Tree.**
3. Ancillary Treatment