**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