

SAMPLE AGENDA

Trainer: Russ Marmor

5 Day Intensive Training Outline 2016:

*Mindfulness Exercises to start and end each section.

Part 1

1. Introduction:
 - a. **Exercise 1: Intro to Training**
 - b. Overview of Linehan Text:
 - c. Overview of BPD:
 - d. History of Diagnosis
 - e. Diagnosis
 - f. Statistics
 - g. Etiology
 - h. **Exercise 2: Describing Etiology**
 - i. Overview of DBT
 - j. CBT/Behaviorism/Rodgers
 - k. Intro to Dialectics
 - l. Linehan Story
 - m. Intro to Data, Who DBT treats and outcome measures
 - n. **Exercise 3: Review Data/Research to date, Inclusion Exclusion Criteria, MSI-BPD, and BSL-23.**
 - o. Co Morbidity and BPD
 - p. Early peak at therapy (Early Linehan Video)
 - q. What works?
 - r. Dialectical Dilemmas
 - s. **Exercise 4: Dialectical Dilemmas**
 - t. Video-Back from the Edge
 - u. **Exercise 5: Back from the edge discussion**
2. The Skills & The Skills Group:
 - a. Intro to Skills Training Group
 - b. Mindfulness-Handout, **Exercise 6-Mindful Eating**, Video, DVD, Video
 - c. Emotional Regulation -Handout
 - d. Interpersonal Effectiveness-Handout
 - e. Distress Tolerance –Handout
3. Consultation Group:
 - a. Format and Purpose
 - b. **Exercise 7: Consultation Agreements**

4. Therapy:
 - a. Pretreatment
 - b. Motivational & Commitment Strategies.
 - c. Format-Handout
 - d. Purpose
 - e. **Exercise 8: Pretreatment role play**

Part 2

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