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
      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