

## ***Dialectical Behavior Therapy For Substance Abusers***

May 2<sup>nd</sup> and 3<sup>rd</sup>, 2019

Sign in: 8:00am

Training: 8:30AM – 4:00PM

Presented by

**Linda Dimeff, PhD**

*Location*

McMenamins Kennedy School

5736 Ne 33rd Ave, Portland, Or 97211

503-249-3983

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### **TRAINING DESCRIPTION:**

Led by internationally recognized expert and coauthor of Dialectical behavior therapy for substance use disorders (BPD-SUD; Linehan & Dimeff, 1997), DBT for SUD is an expansive treatment for individuals with borderline personality disorder and substance use disorders. This two-day training is a highly experiential, and practical workshop that will provide participants with a comprehensive working knowledge of the adaptations to be made when working with individuals with BPD-SUD. As individuals with BPD-SUD experience different problems from individuals with BPD, this workshop will address these specific problems, how to tailor the DBT skills to address these problems, and the skills that are specific for DBT-SUD. To ensure that that participants leave with well-honed skills, we apply an active teaching method:

**Learn it.** We will present and summarily discuss content in brief learning modules. These modules will emphasize key principles, procedures, and strategies.

**See it.** Following didactic presentation of content, we will illustrate the technique just learned in a role-play.

**Do it.** Trainees will immediately practice what they learned and observed.

### **ABOUT THE TRAINER**



#### **Linda Dimeff, PhD**

Linda Dimeff, PhD, is Director at Portland DBT Institute, Scientific Officer at Evidence-Based Practice Institute, and Clinical Faculty in the Department of Psychology at the University of Washington. Dr. Dimeff has worked closely with DBT treatment developer, Marsha M. Linehan, PhD, for over two decades in developing and scientifically evaluating an adaptation of DBT for substance dependent persons with borderline personality disorder, and in generating numerous DBT training tools to facilitate the dissemination of DBT.

Dr. Dimeff served as a BTECH trainer for over 15 years. In that time, she provided hundreds of trainings, intensives, and DBT systems implementations in a variety of public and private sectors. Dr. Dimeff is the 2011 recipient of the Cindy J. Sanderson *Outstanding Educator Award* from the International Society for the Improvement and Teaching of DBT. She is the primary editor of DBT in Clinical Practice.

## WHO SHOULD ATTEND?

Individuals who are already applying DBT Individual Therapy in their practice and/or who directly supervise other clinicians who provide DBT. This is not an introductory training.

## LEARNING OBJECTIVES:

Participants who complete both training days will earn 12 continuing education credits. Upon completion of the two-day training, participant will be able to:

1. Describe major findings from research on DBT for clients with BPD and substance use disorders.
2. List three principles to consider in determining who DBT-SUD is good for.
3. Describe strategies used in the first session of DBT for Substance Abusers.
4. Define Dialectical Abstinence in DBT with clients who have BPD and SUD.
5. List three specific treatment targets for clients with SUD and BPD.
6. List principles to determine whether to insist on abstinence, when to allow for gradual reduction in use (“warm turkey”), and when to not target the SUD at all.
7. Describe three skills specifically designed for SUD clients.
8. List three attachment strategies.
9. Describe the function of attachment strategies.
10. Describe how lying is targeted, addressed, and treated when treating BPD SUD clients.
11. Describe the principles and strategies in using drug testing with individuals with SUD.

## REQUIREMENTS:

There are no prerequisites or requirements for this course other than a desire to learn.

## CONTINUING EDUCATION:

Participants who complete both training days will earn **10** CE hours.

Portland DBT Institute has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6326.

Programs that do not qualify for NBCC credit are clearly identified. Portland DBT Institute is solely responsible for all aspects of the programs.



## ACCOMMODATIONS:

**McMenamins Kennedy School** - Since its 1915 opening, this historic elementary school has been a beloved fixture of its Northeast Portland neighborhood. McMenamins renovated the once-abandoned scholastic gem and turned it into Portland's most unique hotel. Here you'll find 57 comfy guestrooms with private baths and telephones (some fashioned from former classrooms complete with original chalkboards and cloakrooms – others with an author's theme), a restaurant, multiple small bars, a movie theater, soaking pool, gift shop and a brewery (just wait until the principal hears about this!).

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OR 97211  
(503) 249 - 3983

## REGISTRATION

**Individual Registration Fee:**  
\$300.00

**Group Registration Fee for groups of 5+:**  
\$275.00

**Student Registration Fee:**  
\$225.00

**Early Registration Discount:** For those registering 30 or more days in advance a \$25 per person discount will be given.

**Multiple Trainings Discount:** For those who buy two or more trainings, \$25 per training will be deducted. This discount cannot be combined with the Early Registration Discount.

\* PDBTI reserves the right to cancel any program due to under-enrollment, or any course due to work stoppages, instructor illness or inclement weather. If a course is cancelled, PDBTI is responsible for refunding only the course fee.

\*\* A \$100.00 handling fee will be deducted upon cancellation. Refund requests by fax or email must be received two weeks before the start date. In addition, the fees are non-transferrable.

\*\*\*PDBTI must have completed registration sign in and sign out forms from all attendees to issue CEU certificates. Attendees must attend all training days in full to receive CEU certificates. Partial credit is not issued for incomplete attendance.

**To register**, please go to [www.pdbti.org](http://www.pdbti.org) and complete the registration form found under the “Training” tab, then mail or fax the form and your payment to:

**Portland DBT Institute, Inc.**  
Attn: Workshop Registration  
5200 SW Macadam Avenue

5200 SW Macadam Avenue  
Suite 580  
Portland, OR 97239

☎ 503-231-7854  
☎ 503-231-8153  
[www.pdbti.org](http://www.pdbti.org)