

Level 3 — Comprehensive Training in Standard DBT

Individuals and Teams seeking to implement DBT programs and/or learn the core principles and strategies of DBT should attend a Level 3 training. These training options provide instruction in the standard model of DBT as designed by Marsha Linehan, PhD, ABPP. These options also meet criteria for DBT certification and are required for anyone interested in Level 4 training.

The standard model requires that all mental health professionals treating a DBT client participate in a DBT team. A DBT team is a group of mental health professionals who meets at least weekly to assist each other in applying DBT in their practice setting. DBT assumes that no therapist would attempt to treat clients with complex, severe needs without the support and supervision from a consultation team, and that anyone doing DBT can only do effective DBT in the context of a team.

- [Dialectical Behavior Therapy Intensive Training™](#)
- [Dialectical Behavior Therapy Foundational Training™](#)

Dialectical Behavior Therapy Intensive Training™

The Dialectical Behavior Therapy Intensive Training™ is a comprehensive ten-day course designed for those who have begun learning DBT methods from self-guided study of the treatment manuals and introductory workshops. This training is intended for teams that are invested in learning DBT to a high standard in order to better implement the treatment in their settings. It includes 4 hours of content specific to risk assessment, management, and treatment of suicidal behaviors.

As DBT is a treatment that requires an ongoing consultation team, the Intensive Training is designed for treatment teams, not individual practitioners intending to practice alone.

A DBT team (minimum of 3*, maximum of 8) is a group of mental health professionals who meets at least weekly to assist each other in applying DBT in their practice setting. With the intent to provide the highest quality training experience, it is our goal to have a maximum of eight teams for each Dialectical Behavior Therapy Intensive Training™. Teams should discuss and clarify their level of commitment prior to completing their application as course enrollment is limited, and there is a competitive demand for Intensive Training.

Training is conducted in two five-day sessions of instruction divided by six to nine months of home study. In Part 1, lectures, videotapes, and small group exercises are used to teach DBT theory and strategies in-depth. Between the first and second sessions, participants consolidate and apply what they have learned with the help of practice assignments. Between sessions, teams design and begin to implement their own DBT programs or to integrate DBT into an ongoing treatment setting. In Part 2, each team presents their work and receives expert consultation on specific cases and on their program, including protocols for specific treatment problems and adaptations of DBT.

The DBT Intensive Training involves rigorous preparation, training, and homework. Part 1 and Part 2 are both five full days of training. The course is designed to model basic elements of the treatment in an experiential way and to foster team development. Just as DBT requires clients to make a full commitment to treatment and to attend all sessions, DBT training requires Intensive participants to attend the entire training, do their best to learn the material, and participate in a willing, committed manner.

Dialectical Behavior Therapy Foundational Training™

This comprehensive five-day training is designed specifically for individual therapists or skills trainers who are members of an intensively trained team, but have not completed intensive training themselves. It is meant to assist teams that have hired new staff or experienced turnover by allowing newer team members to get trained in the standard content of DBT. It includes 4 hours of content specific to risk assessment, management, and treatment of suicidal behaviors. Lecture, video, demonstration and practice will be used to teach DBT theory and strategies in depth.

The training requires that participants work in an active DBT program, participate in a consultation team, and will continue learning DBT with a mentor. Only people who have attended the full ten days of Dialectical Behavior Therapy Intensive Training™ are able to serve as mentors for team members attending Foundational Training.

Co-host a DBT training in your community

Co-hosting a public training can be a good fit if you have up to 10 staff members who you'd like to train, and you meet a few additional criteria:

- You have a large training space and electronic equipment (projector, sound system, etc) to help facilitate an event
- You would like to champion DBT in your community and/or cannot send your staff offsite (perhaps due to funding limitations)
- You are connected with local care providers and can help us build interest in the event
- You are mutually committed to the success of the event for participants beyond your staff members
- You are located near a medium- to large-hub airport

Contract with Behavioral Tech for private training

If you have 30 or more staff members whom you'd like to train, private training may make sense from a financial perspective. Travel costs to send your staff to an offsite training add up quickly; it can be more cost-effective to bring our expert trainers to you. This option also offers increased

flexibility for your timeline and training goals. Read the section below, titled “Implementing DBT in Large Systems,” for more information.

Contact us to discuss options

To discuss which training arrangement will work best for your agency, [contact us](#) about services for agencies and systems.

Eligibility Requirements

In order to help you pull everything together before you sit down to complete your application for Certification, here is a list of the requirements and documentation you will need at your fingertips.

Your personal information

This is pretty straightforward and likely easily completed for the most part. You might need to remind yourself of start dates for your employment and addresses of the place(s) where you’ve worked.

There is an area for Professional Licenses, both past and present. You will need both active and inactive license information, including any license numbers and the contact information for the issuing agency – address, phone, etc. Accurate information on the addresses, etc. will help avoid delays when sources are contacted for verification of the information submitted by you.

Education

Your graduate degree must be in a mental health-related field and come from an educational program at a regionally accredited institution of higher education. The information you will need to pull together are pretty standard items including dates of attendance, degrees and such. For graduate institutions you will also need the Registrar’s address for each school you attended.

Licensure

You must be a licensed, independent mental health practitioner with an unrestricted license. Conditional licenses/certificates that require supervision to work as a mental health professional are not acceptable. You will need the name of the agency that granted your license to practice in the mental health field and the physical address and phone number.

DBT-Related Educational/Training experiences

There are so many ways to have learned about DBT. There is a requirement that you have obtained a minimum of 40 didactic training hours specific to DBT. In an effort to help those

who follow in your footsteps succeed in successful completion of the certification process we'd like to see what kinds of training those who pass the exam have engaged in. So, we are interested in how *you've* obtained your knowledge about DBT. Pull together any attendance/CE certificates for workshops or seminars; any intensive trainings you've done; identify coursework taken in college, online learning opportunities, in-service training, practica/internship or any structured learning experiences you may have participated in.

Clinical Experience in DBT

Review your caseload of DBT clients and pick three for whom you have completed Stage I treatment as their individual therapist while they were concurrently enrolled in a DBT Skills group. These would be three clients for whom you have done the following: Oriented them to the treatment (structure, theory, goals/targets and commitments), provided regularly scheduled individual DBT therapy, made available phone coaching, had diary card and treatment targets that met the DBT Stage I hierarchy. In addition, during your work with those three clients both you and the skills trainer were part of a DBT Consultation team that met regularly.

You will need the name of the clinic where the client received your services, the dates of those services and the goals/targets at the beginning of treatment and the outcome relative to those targets by the end of Stage I treatment.

Here's a reminder that you will see repeated – please do not include ANY identifying information on your application about any of your clients, including initials, etc.

DBT Team experiences

There are two requirements here: (1) a total of 12 months of participation in one or more DBT consultation teams; and (2) current participation on a DBT Team. You will need the clinic name, # of members, dates of participation, frequency of meetings, Team Leader's name, phone number and email address for all consultation teams that fulfill these participation requirements.

DBT Skills knowledge/experience

You will be required to attest to having done the following three things: (1) read the Skills Training Manual for Treating Borderline Personality Disorder by Marsha Linehan (May 21, 1993), (2) done all the homework assignments in the manual and (3) taught or participated as a student in all modules of skills training OR taught all DBT skills within individual therapy and coached clients in the application of the skills. Test questions will also be based on the skills as presented in this book.

Exam

Based on the treatment manual - *Cognitive-Behavioral Treatment of Borderline Personality Disorder* by Marsha Linehan (May 14, 1993)

[Letter of Recommendation](#)

A letter of recommendation as to your character and competency as a DBT practitioner will be required from your Team Leader. If you are a Team Leader, you will need a letter from a licensed mental health practitioner who can attest to your character and competency as a DBT practitioner also.

[Work Product Demonstration](#)

You will be asked to submit a Case Conceptualization for a client for whom you will also be providing 3 consecutive video recordings and associated work sample materials (i.e., diary cards, session information forms). The Case Conceptualization will be reviewed. If passed successfully, you will then be asked to submit the video work sample, which will then be reviewed and coded to evidence-based adherence standards for DBT. One of these sessions must meet adherence standards. For the outline of the Case Conceptualization, [click here](#). If the Case Conceptualization does not pass review, a second submission, provided within 3 months, will be required. (There is no additional fee for the second submission provided you submit before the deadline.) If the second submission is unsuccessful an additional 6-month wait will be necessary. We recommend supervision by a trained DBT clinician in this case to assist you.

There are links to suggestions on the website for possible equipment and software that makes video recording inexpensive to do. We've also provided a sample consent form for your use. See [Helpful Resources](#) for both suggestions.

[Mindfulness Experience](#)

Formal training in mindfulness is required and can be demonstrated by at least one of the following four experiences and you will need dates and descriptions for each. A mindfulness retreat, formal practice community participation, formally a student of a recognized Zen/contemplative teacher, and/or at least one formal training in mindfulness.

In addition you will need to describe your regular, ongoing mindfulness practice currently.