DBT Targeting, Chaining and Case Formulation
“What to treat and how to solve the problem”

Dialectical Behavior Therapy (DBT) has numerous randomized control trials published and consistently shows its effectiveness in treating the multi-disordered, substance dependent, suicidal, Borderline Personality Disorder individual. Treating the multi-disordered patient can be extremely challenging. Therapists must discern which behavior amongst many they need to prioritize treating over others. DBT’s empirical base and treatment strategy allows the therapist to identify what behaviors are prioritized and the controlling variables with the client’s maladaptive behavior using behavioral chain analysis. Using the results of the behavioral chain analysis, DBT employs a set of theories to help guide the therapist and client in developing a strong case formulation.

This training will teach attendees what behaviors are prioritized in treating, how to conduct a solid behavioral chain analysis and then how to take this information and turn it into a strong case formulation. Individuals who attend this training should already have a basic knowledge of the theory behind DBT. It will contain lecture, audio of a real session, and role-plays to demonstrate the concepts that will be presented. Come prepared for a high energy and highly experiential training.

Workshop Objectives:
- Explain the Biosocial Theory of Borderline Personality Disorder
- Identify the Stage 1 Target Behaviors prioritized in Individual Therapy
- Explain how to Review a Diary Card in an Individual Therapy Session
- Identify the 5 steps in conducting a Behavioral Chain Analysis
- Explain at least 3 Secondary Targets treated in DBT

Outline:
- Review the Biosocial Theory of Borderline Personality Disorder
- Review the Modes and Functions of DBT
- Target Hierarchy of Individual Therapy
  - Life Threatening
  - Therapy Interfering
  - Quality of Life Interfering
- Diary Cards
  - How to review a Diary Card in an individual session
  - What behaviors to assess
- Behavioral Chain Analysis
  - The core problem solving strategy in DBT
- Secondary Targets
  - Active Passivity vs Apparent Competence
  - Unrelenting Crisis vs Inhibited Grieving
  - Emotional Vulnerability vs Self-Invalidation
- Looking for Patterns Across Different Chains
- Developing the Case Formulation

Workshops details
Full-day Workshops: 7:45 am - 3:30 pm
(Includes Networking Continental Breakfast, Lunch & Field Resources)
Cost: $70 for each workshop.
Location: Stacy C. Sherwood Community Center, 3740 Old Lee Highway, Fairfax, VA 22030

Earn CEU Credits!
The workshop has been submitted to the National Board for Certified Counselors (NBCC) and the National Association of Social Workers (NASW) for approval to award 7.5 continuing education credits.
Questions? Contact: 703/999-6800 or email at kellar.events@inova.org.

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