



**BEHAVIORAL** TECH, LLC

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FOR IMMEDIATE RELEASE

## **Behavioral Tech Announces Spring Training Opportunities, with Seven DBT Workshops for Mental Health Professionals throughout the U.S.**

Behavioral Tech's Spring Training Season will feature the most experienced and outstanding trainers in the field of DBT. Two day workshops will be offered in Las Vegas, NV, Tarrytown, NY, San Diego, CA, King of Prussia, PA, and Lynnwood, WA as well as three-hour presentations by Dr. Marsha Linehan in New York and Boston.

Founded by Marsha M. Linehan, Ph.D., ABPP, Behavioral Tech trains mental health care providers and treatment teams who work with complex and severely disordered populations to use compassionate and scientifically valid treatments and to implement and evaluate these treatments in their practice setting. Behavioral Tech is the only company exclusively authorized to utilize and disseminate Dr. Linehan's materials for training in Dialectical Behavior Therapy.

Dr. Linehan is widely known as the treatment developer of Dialectical Behavior Therapy (DBT), a comprehensive cognitive-behavioral treatment for complex, difficult-to-treat mental disorders.

### **The 2012 Spring Training Season includes:**

#### ***Getting to the Heart of the Problem: Targeting, Assessing, and Solving Problem Behaviors***

**Dates:** April 26 and 27, 2012

**Trainers:** [Jennifer Sayrs, Ph.D., ABPP](#) and [Cedar Koons, MSW, LISW](#)

**Location:** Las Vegas, Nevada

DBT uses a treatment hierarchy to prioritize behaviors to target in session when the client presents with multiple problem behaviors in a given week. Participants learn to determine treatment priorities in the midst of unrelenting client crises and effectively analyze behavior so that they understand behavior and intervene with increased precision and efficiency. This workshop is appropriate for experienced individual psychotherapists with solid familiarity with DBT. Topics include conducting accurate chain and solution analyses and setting precise an appropriate treatment targets tailored to the patient's clinical presentation.

**To read more and register**, click [http://behavioraltech.org/training/details\\_new.cfm?eid=1198](http://behavioraltech.org/training/details_new.cfm?eid=1198).

***Marsha Linehan on DBT: Where We Were, Where We Are, and Where We Are Going***

**Dates:** May 3, 2012

**Trainers:** [Marsha M. Linehan, Ph.D., ABPP](#)

**Location:** New York, New York

This three-hour presentation presented by Dr. Marsha Linehan is appropriate for therapists new to DBT, therapists experienced in DBT, clients, friends, and family. Dr. Linehan will give an overview of the characteristics of DBT and how they are changing, talk about the importance of specific treatment components, update listeners on modifications to the treatment, and share her vision for the future of DBT.

**To read more and register,** click [http://behavioraltech.org/training/details\\_new.cfm?eid=1206](http://behavioraltech.org/training/details_new.cfm?eid=1206).

***Marsha Linehan on DBT: Where We Were, Where We Are, and Where We Are Going***

**Dates:** May 4, 2012

**Trainers:** [Marsha M. Linehan, Ph.D., ABPP](#)

**Location:** Boston, Massachusetts

This three-hour presentation presented by Dr. Marsha Linehan is appropriate for therapists new to DBT, therapists experienced in DBT, clients, friends, and family. Dr. Linehan will give an overview of the characteristics of DBT and how they are changing, talk about the importance of specific treatment components, update listeners on modifications to the treatment, and share her vision for the future of DBT.

**To read more and register,** click [http://behavioraltech.org/training/details\\_new.cfm?eid=1205](http://behavioraltech.org/training/details_new.cfm?eid=1205).

***Treating Therapy Interfering Behaviors***

**Dates:** May 10 and 11, 2012

**Trainers:** [Shireen Rizvi, Ph.D.](#) and [Adam Payne, Ph.D.](#)

**Location:** Tarrytown, New York

This two-day workshop is designed to address difficult moments in therapy by focusing on how to respond effectively to problematic and challenging in-session client behaviors. It is fitting for clinicians with a wide range of experience, from those who are relatively new to well-seasoned veterans of the field. It teaches participants how to respond when clients refuse to talk, dissociate, verbally attack, talk so much the therapist can barely comment, or storm out of the session. It also addresses what is necessary for therapists to manage their own emotional reactions to challenging, in-session behaviors and respond effectively. While the training applies Dialectical Behavior Therapy (DBT) principles, no prior training or formal study of DBT is required. This workshop includes *Online Learning: Transforming Difficult Moments in Therapy, Effective Strategies with Dr. Marsha Linehan and Other DBT Experts*.

**To read more and register,** click [http://behavioraltech.org/training/details\\_new.cfm?eid=1208](http://behavioraltech.org/training/details_new.cfm?eid=1208).

***Treating Therapy Interfering Behaviors***

**Dates:** May 21 and 22, 2012

**Trainers:** [Katherine Anne Comtois, Ph.D., M.P.H.](#) and [Milton Brown, Ph.D.](#)

**Location:** San Diego, California

This two-day workshop is designed to address difficult moments in therapy by focusing on how to respond effectively to problematic and challenging in-session client behaviors. It is fitting for clinicians with a wide range of experience, from those who are relatively new to well-seasoned veterans of the field. It teaches participants how to respond when clients refuse to talk, dissociate, verbally attack, talk so much the therapist can barely comment, or storm out of the

session. It also addresses what is necessary for therapists to manage their own emotional reactions to challenging, in-session behaviors and respond effectively. While the training applies Dialectical Behavior Therapy (DBT) principles, no prior training or formal study of DBT is required. This workshop includes *Online Learning: Transforming Difficult Moments in Therapy, Effective Strategies with Dr. Marsha Linehan and Other DBT Experts*.

**To read more and register**, click [http://behavioraltech.org/training/details\\_new.cfm?eid=1207](http://behavioraltech.org/training/details_new.cfm?eid=1207).

### ***Getting to the Heart of the Problem: Targeting, Assessing, and Solving Problem Behaviors***

**Dates:** May 21 and 22, 2012

**Trainers:** [Lucene Wisniewski, Ph.D., FAED](#) and [Gwen Abney-Cunningham, LMSW](#)

**Location:** King of Prussia, Pennsylvania

DBT uses a treatment hierarchy to prioritize behaviors to target in session when the client presents with multiple problem behaviors in a given week. Participants learn to determine treatment priorities in the midst of unrelenting client crises and effectively analyze behavior so that they understand behavior and intervene with increased precision and efficiency. This workshop is appropriate for experienced individual psychotherapists with solid familiarity with DBT. Topics include conducting accurate chain and solution analyses and setting precise and appropriate treatment targets tailored to the patient's clinical presentation.

**To read more and register**, click [http://behavioraltech.org/training/details\\_new.cfm?eid=1199](http://behavioraltech.org/training/details_new.cfm?eid=1199).

### ***Behavior Therapy in DBT: Getting from Goals to Problems and From Problems to Treatment***

**Dates:** June 7 and 8, 2012

**Trainers:** [Marsha M. Linehan, Ph.D., ABPP](#)

**Location:** Lynnwood, Washington

This two-day workshop is appropriate for mental health professionals experienced in DBT. It will teach participants to define the client's problem, select an appropriate target, assess, and find the controlling variables that maintain the problem behavior. Specific attention will be paid to the behavioral interventions for secondary DBT targets (dialectical dilemmas) that interfere with progress in treatment. Common problems with overuse of cognitive interventions with patients in DBT will be identified. This training will be primarily a problem-focused approach to learning. The training will rely heavily on recorded sessions of live (actual) therapy conducted by Dr. Linehan that highlight the identification of the behavioral strategies used in therapy.

**To read more and register**, click [http://behavioraltech.org/training/details\\_new.cfm?eid=1210](http://behavioraltech.org/training/details_new.cfm?eid=1210).

Behavioral Tech provides continuing education courses, on-line learning programs, and recommended products and information resources for mental health professionals and agencies.

For further information about training in DBT, Dr. Marsha Linehan, or Behavioral Tech, LLC, visit [www.behavioraltech.org](http://www.behavioraltech.org).