**Expressions of Interest**

CYP IAPT Short Courses – Dialectical Behaviour Therapy (DBT) Systemic Training (for teams)

**Ten Day Intensive Accredited training facilitated over 2 five day training blocks for 24 practitioners (max of 6 teams of 4 practitioners)**

**Date of Delivery Monday 8th to Friday 12th April 2019**

**Venue: to be confirmed (depending on applications)**

**Audience:** This event is aimed at Children and Young People’s Mental Health Service teams, and partner organisations in the local CYP IAPT partnership.

**Facilitators:** The event is facilitated by British Isles DBT training who are the sole licenced providers of training in Dialectical Behaviour Therapy in Great Britain.

**Course Description:** DBT Intensive training consists of two, five-day training seminars separated by an interval of approximately six to eight months. During the interval, teams undertake the development of DBT programs, the clinical application of DBT and other specified homework.

Training is conducted with teams, as DBT recognises that therapists need a supportive system in order to sustain work with this client group. A team is defined as a group of clinicians who regularly meet and work together.  Teams should be formed and meeting regularly prior to commencing training. A minimum of weekly meetings is recommended.

Team members **must commit to attending both parts of the intensive training and be in a position to undertake development work in the period between the training blocks.** This requires each member of the team to commit a **minimum** of one to one-and-a-half days per week each to the joint development of skills and experience. Management support of this should be arranged prior to commencing training.  It is not possible to accept individual applications for training, nor is it possible for teams to attend for a reduced time period.

In part One of the Intensive training, teams will learn more about the practice of DBT, both individual therapy, skills group training, telephone consultations, and case management strategies via didactic presentations, role plays and other clinical exercises, together with viewing and discussing video-taped clinical material. Teams have the opportunity to think about the implementation of DBT within their own settings and to receive guidance on how to adapt DBT to unique aspects of their own services.

Part Two of the Intensive training requires teams to present their work, developed during the intervening months, for discussion with the trainers and other teams. Teams are required to present a protocol for delivering DBT within their own clinical setting and present a clinical case they have treated over the period of training. There is opportunity for further therapy skills development and the aim is to consolidate the teams’ work and enable it to proceed confidently.

DBT is an integrative therapy based on behavioural and cognitive principles. Clinicians from a range of professional and therapeutic backgrounds have trained and are training in DBT however, it is essential for potential DBT therapists to have and/or be open to learning and applying basic behavioural principles. Each team should have at least one member with a background in psychology and one with a background in CBT (see pre-requisites for course attendance).

**Pre-requisites for course attendance – These notes will help you determine what is required from your organisation and trainees in order to access the training.**

1. A minimum of 4 applications is required from each organisation requesting DBT Systemic training. A maximum of 6 teams can be trained from across the collaborative. Requests for additional places from your organisation will be available dependent on the number of partnerships requesting this training.
2. In terms of preparation it is important that the attendees complete the pre-requisite reading, as they will not be accepted onto the training if they have not read, or are not committed to reading both books. The pre-requisite reading is:

Linehan, MM (1993) Cognitive Behavioral Treatment of Borderline Personality Disorder

Linehan, MM (2015) Skills Training Manual for Treating Borderline Personality Disorder

The British Isles DBT training company are able to provide these books at a 40% discount rate. This equates to £25 for the skills manual and £34 for the cognitive behavioural treatment manual.

1. Each team requires either a qualified clinical / counselling / forensic psychologist OR a person with demonstrable graduate training in behaviour therapy. The rationale for this requirement is there is evidence from the DBT literature of a range of different predictors for DBT adherence (gender, years of clinical experience, number of previous DBT cases, therapist burnout, prior training in behavioural therapy and / or assessment). The only significant predictor of DBT adherence was whether therapists had graduate training in the theory and application of learning theory and behavioural psychology. **If you do not have a team member with a graduate qualification in clinical, counselling or forensic psychology then you must demonstrate who on the team has these skills and how they acquired them.**
2. All teams MUST be genuine teams i.e. you either are already, or have explicit plans to meet together to deliver a comprehensive DBT programme to a group of clients in a single setting. The training assumes that you are all committed to developing and delivering a DBT service as part of training and beyond.
3. Each team must have a member, ideally in addition to the person named in (3), who has training and experience of delivering psychological therapies.
4. Each individual team member should be employed in an organisation that expects them to be seeing clients.
5. Each individual team member must be registered to practice with a regulatory professional body e.g.
   * 1. Health Professions Council,
     2. General Medical Council,
     3. Nursing & Midwifery Council,
     4. Professional Standards Authority.

**Alternatively,** a practitioner does not have a professional registration, but they have been employed in a role for two years that requires them to deliver psychological interventions under supervision; their clinical supervisor should be part of the DBT team, have the DBT systemic training and be registered with a professional body.

1. Each individual team member must be supported by their organisation to commit 15 hours per week to learning and delivering DBT. To begin with these hours will mainly consist of training, but it is expected that shortly after Part I applicants will start seeing patients within the programme. As an indicator a team of 4 providing 15 hours per week can deliver a comprehensive programme (Skills Groups, Individual Therapy, Telephone Consultation & Consultation Team) for up to 16 patients. As a general guideline the 15 hours can be divided into:

* 5 hours skills group
* 5 hours consultation with peers
* 5 hours individual sessions.

1. The training hours are intensive and undertaken over 41 hours over a 5-day period. Trainees are expected to attend for the whole period. If required, the organisation will need to consider the cost of funding accommodation for the duration of the training.

**Please complete the section** below and return to [amanda@associatesolutions.co.uk](mailto:amanda@associatesolutions.co.uk) by Tuesday 29th January.

# Please ensure you have read the course pre-requisites before completing the following sections.

## Name……………………………………………………………………………………………………….

## Partnership………………………………………………………………………………………………

## Organisation…………………………………………………………………………………………….

## Number of Places requested (minimum of 4) …………………………………………….

# Please tick to confirm:

## Confirmation that travel will be

## funded by the employing organisation of the trainees

## Confirmation that if accommodation is required

## it will be funded by the employing organisation of the trainees

## Mandatory training resources will be

## funded by the employing organisation of the trainees

## **(Both manuals can be purchased from**

## **British Isles DBT training for £59,**

## **40% reduction compared to on-line costs)**

## Your organisation is able to support

## trainees as described in course pre-requisite section