

Opportunity to Learn DBT Skills

Who: This opportunity is available for to up to 12 students/providers who are interested in learning DBT skills. Maureen Zalewski, Ph.D. will provide the training. Maureen Zalewski is an assistant professor at the University of Oregon and a licensed psychologist in the state of OR (#2650). She was trained in DBT at the University of Washington by Dr. Linehan.

What: Maureen will train a group of students/providers to use DBT Skills. This will be done by the students/providers learning the skills themselves. This means that it is expected that participants complete the assigned homework. Maureen will also ask participants for real life examples in class. This style of training directly matches the preferred style of conducting groups when teaching DBT skills. While Maureen expects that participants generate examples, she never requires anyone to disclose information they are uncomfortable sharing with the group. This too is a very important skill about personal limits we want to model for our therapy clients.

When: Spring term (April – June) 2018. We will hold 2, 1.5 hour sessions per week, including finals week. 1 hour will be dedicated to teaching and learning new skills. The last half hour will be dedicated to addressing questions from students/providers about common clinical issues that arise when teaching the particular set of skills for the purposes of preparing students/providers to conduct skills training groups themselves. Please indicate your availability when responding. We will review everyone's times and pick training times based on maximum overlap.

Where: Straub Building on the UO Campus; specific room TBD

Why: 1) Maureen is conducting an ongoing DBT clinical research trial that requires trained DBT therapists to run DBT skills training groups. Maureen is looking to increase the number of students and providers who are trained in DBT as there is a shortage of adherent DBT therapists in Eugene to serve on the project. Thus, participating in the training may lead to future opportunities to work as a DBT therapist for the ongoing clinical research study. 2) We need digital copies of Maureen teaching skills to a group. This training, which will be recorded, will serve as the film clients can watch if they miss group.

Additional Notes

- Students/providers must be aware that all training sessions are recorded. The primary focus is on Maureen teaching the skills but it is important to remember that everything is recorded. While it is possible to delete portions of recording in the future if someone retracts consent, we do not have an editing budget so deleting film should be done rarely.
- Students/providers are aware that these digital files are being used for the purpose of allowing clients in our research project to watch the film when they have a planned absence from group.

- The digital videos may also be used in the future to aid in training therapists under Maureen’s supervision, including practicum students or grant related therapists. The video will primarily focus on Maureen’s teaching, but will include audio and potentially some video recording of student/providers. A consent form to use the digital files will need to be reviewed and signed prior to participating. Maureen’s lab will maintain the consent forms.
- You will need to (and want to!) purchase your own DBT Skills books. I will not be printing out handouts.
 - DBT Skills Training Handouts and worksheets, Second Edition
 - DBT Skills Training Manual, Second Edition
- For UO psychology doctoral students: Learning the skills is not considered an external practicum because there are no actual clients. If students go on to participate as being a co-leader or leader on the research project, then they will need to register this as an external practicum experience.
- For community providers, Maureen may be able to offer CEU credits as outlined by the Oregon Board of Psychologist Examiners. Please indicate your interest in this.
- Priority of a training spot will be given to students/providers who commit to being a co-leader or leader on the grant DBT groups

In an email response to Zalewski@uoregon.edu, please indicate the following:

1) Please confirm that you have 2, 1.5 hours of time to dedicate to this training between the hours of 9-5 Monday- Friday of spring term. A doodle poll will be issued once we determine who all is interested.

2) Please indicate your level of commitment to being a study leader or co-leader in the next few years of the study duration.