

Dialectical Behavioral Therapy (DBT) Informational Webinar

Center for Evidence to Practice

Friday, March 7, 2025

12:00PM-1:00PM CST

LSU Health
NEW ORLEANS

School of Public Health

 LOUISIANA
DEPARTMENT OF HEALTH

Webinar Agenda

- Treatment Implementation Collaborative (TIC)
- Dialectical Behavioral Therapy (DBT)
- DBT Application & Training Timelines
- Application Requirements & Process
- DBT Resources
- Questions & Answers

The Treatment Implementation Collaborative, LLC (TIC) is a premier provider of training and consultation in Dialectical Behavior Therapy (DBT), boasting a team of some of the most highly qualified experts in the world. With over 30 years of experience, they are one of only a few DBT training organizations lead by people who worked directly with the treatment developer, Dr. Marsha Linehan.

More information: www.ticllc.org

Trainer for this project:



Kate Comtois, Ph.D., MPH

What is Dialectical Behavior Therapy (DBT)?

Dialectical Behavior Therapy

Achieving balance in thoughts, emotions and actions; moving past polarization with others

Present oriented, client determined, therapist directed, skills based, designed to change action, thoughts and emotions. New behavior practiced in every session.

Contracted for specific lengths of time. Includes Group skills training, individual psychotherapy, between session consultation, treating the therapist(s)

WHAT are Dialectics?

- The overall goal of DBT is to balance thoughts, emotions, actions (Extremes are most often miserable)
- Synthesize seemingly opposite positions
- Dialectical Assessment
- Dialectical strategies
- We use dialectics in therapy and with each other



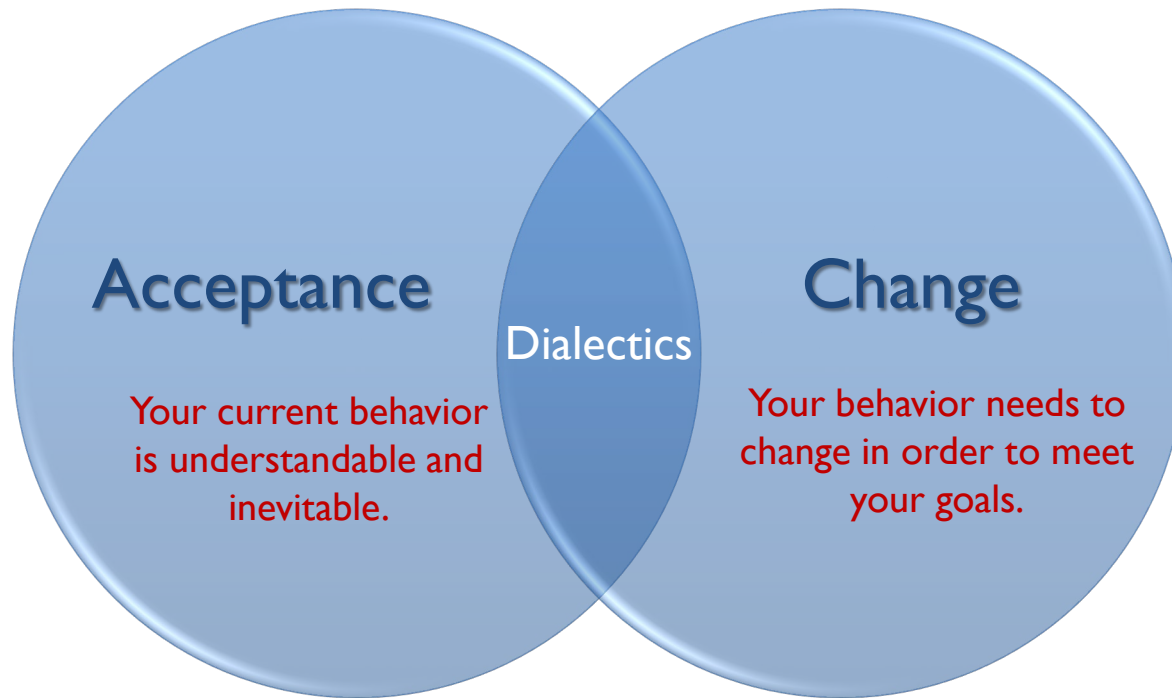
EMOTIONAL DYSREGULATION



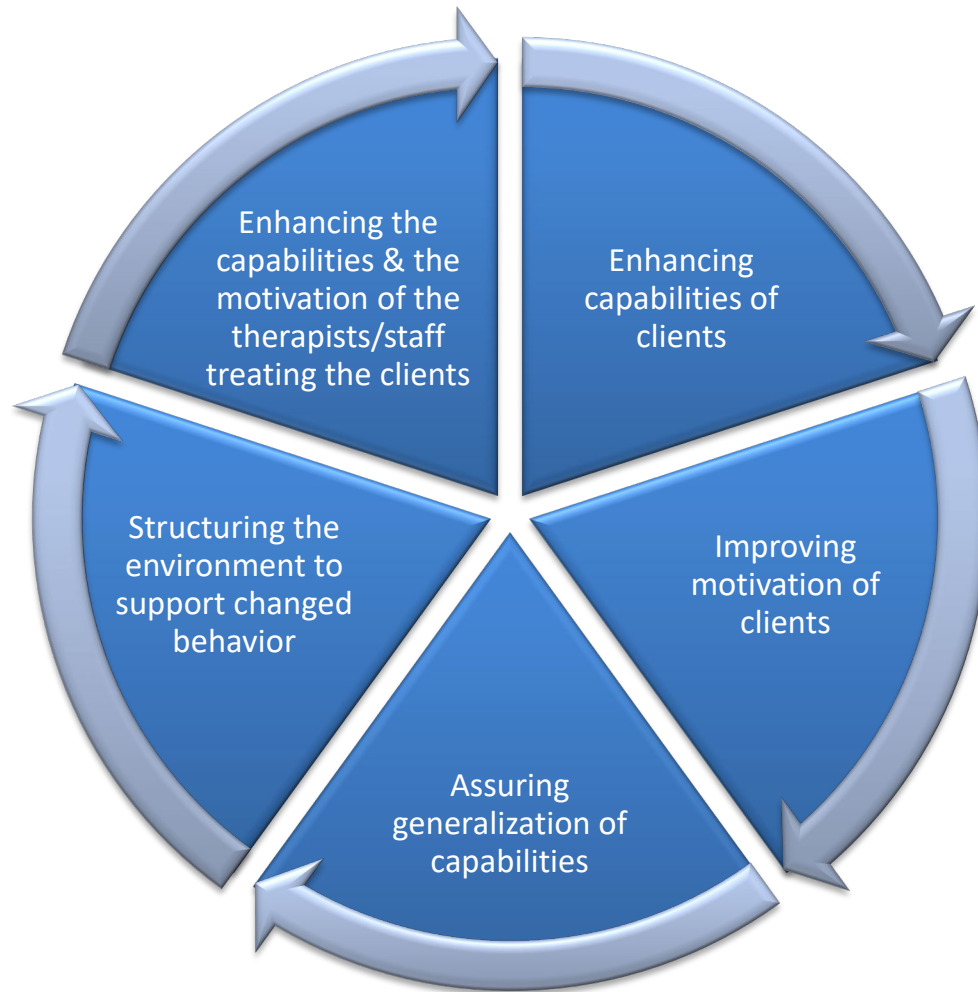
When Emotion Dysregulation Continues Over Time...

- Behavioral Dysregulation
- Cognitive Dysregulation
- Self Dysregulation
- Interpersonal Dysregulation

Interlocking Core Paradigms



Functions of Comprehensive Program



The Overall Target of DBT is... a Life Worth Living



DBT Requires a program to provide the treatment

- Programmatic elements to provide the treatment effectively
- Team based, not individual - team meets weekly, delivers treatment to the same client population
- Program, not session – System processes as well as clinician practice
- Clear beginning and end – client is oriented, opts in and knows when it ends
- Prioritizes client learning in the context of their normal environment

Standard Outpatient DBT

Enhancing Capabilities:

- skills training group 2-2.5 hours per week

Improving Motivation:

- individual therapy once a week

Assuring Generalization:

- Telephone consultation as needed

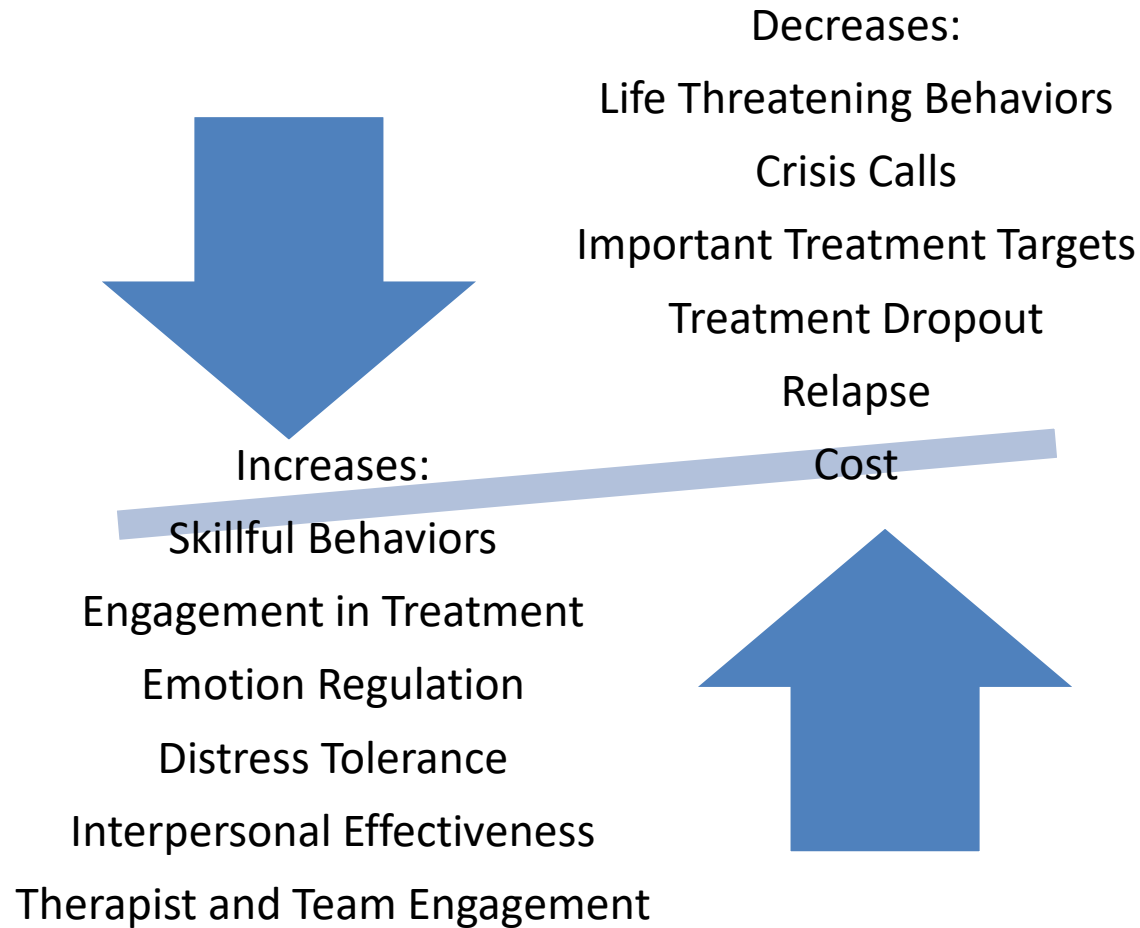
Structuring the Environment:

- Family therapy, family skills training, case management as needed

Enhance and Improve
Therapists capabilities and
motivation:

- Consultation team, training, supervision

Research: DBT Efficacy



Planning to participate

- Training requires ACTIVE participation and practice
- 12 months to complete all required activity
- Missed training time must be made up (options limited)
- Attend 24 team consultations (min of 20 of 24)
- Pass a coaching role play
- Submit 3 individual session tapes with 2 different clients
- Submit 2 case conceptualizations with 2 different clients

There is a DBT Rate!

- \$200 for 60 minutes of DBT individual therapy (1x per week)
- \$177.68 per client for 120-150-minute DBT Skills Group (1x per week)
- Fully licensed staff can bill the DBT rate once they complete the DBT Kickoff Training.

Licensure Eligibility for DBT Rate

License Type	Billing capabilities for DBT Rate?
PLPC	YES
LPC	YES
LPC-S	YES
LMSW	YES
LCSW	YES
LCSW-BACS	YES
PLMFT	YES
LMFT	YES
LAC	YES
APRN	YES
CSW	<i>They are not approved to deliver psychotherapy. A CSW can train in DBT and bill psychotherapy after they convert to a LMSW. Or, a CSW can deliver a different Medicaid service (CPST) and may deliver DBT within that service but would need to meet the requirements and bill for the CPST service (not the psychotherapy-based DBT rate).</i>
PhD.	<i>License is required.</i>

DBT Application Timeline

DBT APPLICATION TIMELINE

<u>Event</u>	<u>Timeline</u>
DBT INFORMATIONAL WEBINAR	<i>The webinar is scheduled for Friday, March 7, 2025, at 12:00pm CST.</i>
DBT LEADERSHIP IMPLEMENTATION ORIENTATION CALL	<p>This will be executed on Thursday, April 10, 2025, from 11:00am-2:00pm CST. Attendance from agency leadership is mandatory for provider teams interested in applying for training.</p> <p><i>For those who did not attend, please contact Helen Best directly (Helen Best: (206) 251-5134 or hbest@ticllc.org) for more information.</i></p>
RFA APPLICATION PERIOD	April 21, 2025 – May 30, 2025
RFA NOTICE OF APPLICATION STATUS	June 18, 2025
DBT TRAINING COMMITMENT DUE	July 7, 2025

You can [CLICK HERE](#) to register for the DBT Implementation Orientation Call.

DBT Virtual Training Requirements

DBT VIRTUAL TRAINING REQUIREMENTS

<u>Training</u>	<u>Date & Time</u>	<u>Description and Required Attendance</u>
2 X 2-HR TEAM LEADER CONSULTATION	July 25, 2025 @ 9am-11am CDT August 22, 2025 @ 9am-11am CDT	Team leaders/Supervisors
5 HALF-DAY KICK OFF	September 22-26, 2025 9:00am-1:00pm CDT	Overview of DBT/getting started Attendance: All DBT clinicians
3 HALF-DAY BOOSTER	December 2-4, 2025 9:00am-1:00pm CST	Individual sessions Attendance: All DBT clinicians
TEAM CONSULTATION	September 26, 2025 – June 30, 2026	18 x 60 minutes every other week (includes coaching review) Attendance: All DBT clinicians
3 HALF-DAY BOOSTER	February 24-26, 2026 9:00am-1:00pm CST	Case Conceptualizations Attendance: All DBT clinicians

*CE Certificates will be provided for **social workers and counselors** who participate in the informational webinars and who are accepted into the DBT Learning Collaborative. Other licensed individuals can apply through their own licensing boards.*

DBT Ongoing Training Requirements

DBT ONGOING TRAINING REQUIREMENTS

<u>Training</u>	<u>Date & Time</u>	<u>Descriptions and Required Attendance</u>
ONLINE SKILLS	September 22, 2025 – January 31, 2026	3 months to complete asynchronous training focused on DBT skills training modules Attendance: all DBT clinicians
SESSION TAPES <i>(Individual, team and Skills)</i>	December 4, 2025-March 31, 2026	4 x individual sessions, 1 skill, 1 team, coaching role play Attendance: all DBT clinicians
TEAM CASE CONCEPTUALIZATIONS DUE	February 26, 2026-June 30, 2026	6 case Conceptualizations per team Attendance: all DBT clinicians

*Participation is **MANDATORY** in all ongoing training requirements.*

Application Requirements

- The DBT Training team is required to have **4-6 clinicians** per team who meet the eligibility requirements.

Interested team MUST attend the DBT Leadership Implementation Orientation Call:

- **Thursday, April 10, 2025 from 11:00AM-2:00PM CST**

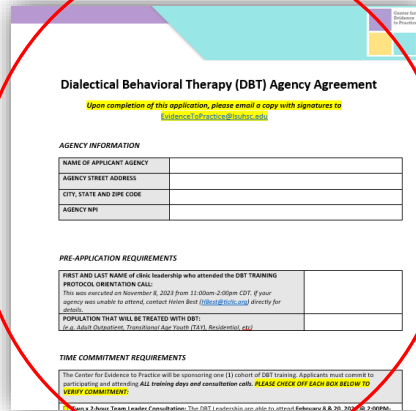
- You can [CLICK HERE](#) to register.

DBT Application Materials:

Request for Application (RFA)



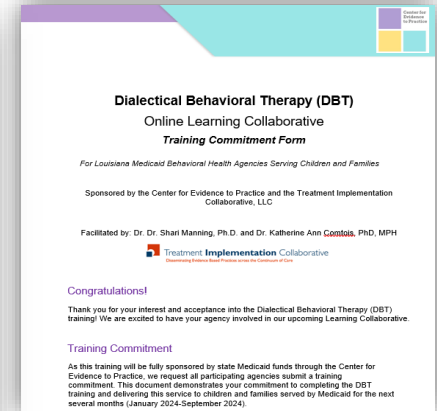
Agency Agreement



Trainee Application



Training Commitment



The DBT application materials will open on **Monday, April 21, 2025.**

Application Process:

➤ The application materials will open on **Monday, April 21, 2025**, and the following is needed:

1) AGENCY AGREEMENT is REQUIRED with signatures and emailed to EvidenceToPractice@lsuhsc.edu by **May 30, 2025**.

2) TRAINEE APPLICATION is completed online, and **MUST** be submitted by **May 30, 2025**.

➤ *Applicants will be notified by **June 18, 2025**, regarding their application status.*

Where can I learn more about DBT?



Visit the trainer's organization website for resources:

<https://www.ticllc.org/dbt-resources>

Louisiana Department of Health (LDH) - Office of Behavioral Health (OBH) Updates:

- ARPA Provider Incentives: This memo outlines the rate that CMS has approved for DBT Providers in training as of November 6, 2023.
- Behavioral Health Services Manual: This manual outlines (pg. 455-470) outlines all the important information regarding this EBP as updated as of May 13, 2024.
- DBT Policy Slides: These are PowerPoint slides presented by OBH during the last DBT Leadership Implementation Orientation call from the previous DBT Cohort.
- Specialized Behavioral Health Services: The DBT Rate is listed on the Specialized Behavioral health Fee Schedule for Louisiana Medicaid.

Has a fellow colleague missed today's session?

- The [DBT webpage](#) will house this informational webinar recording and PowerPoint on our website.



What Questions Do You Have?



Contact Information:

Center for Evidence to Practice

Email: EvidenceToPractice@lsuhsc.edu

Phone: (504) 568-5731