

Dialectical Behavioral Therapy (DBT) Informational Webinar

Center for Evidence to Practice

Wednesday, August 5, 2026

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



Treatment Implementation Collaborative, LLC

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)



EMOTIONAL DYSREGULATION



When Emotion Dysregulation Continues Over Time...

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

WHAT are Dialectics?

- The overall goal of DBT is to balance thoughts, emotions, actions
 - Extremes are most often miserable
- Synthesize seemingly opposite truths
- Arguing different opinions in the search for synthesis



WHY Dialectics?



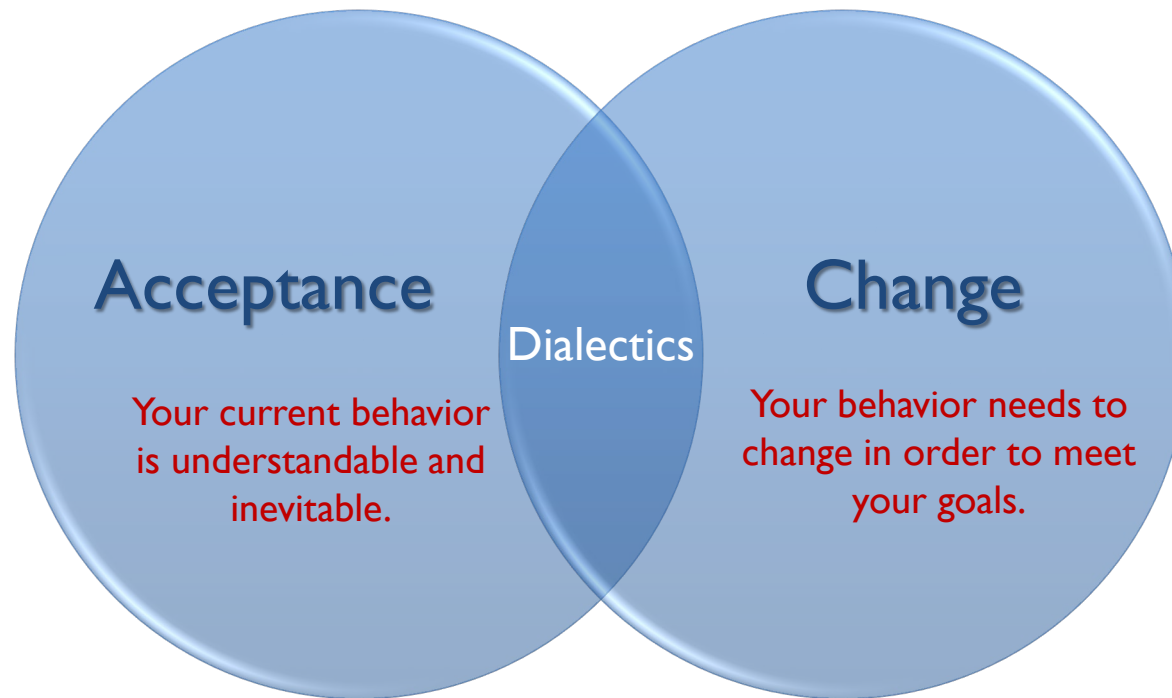
- Other treatments didn't work
- Acceptance based therapies had low drop out but little behavioral change
- Changed based therapies could get change but the drop out rate was high
- Emotionally sensitive clients became dysregulated when analyzing and problem solving behaviors

Dialectics is a Way of Viewing the World

- All things are connected
- All things are independent and interdependent simultaneously
- We are changed by our interactions with each other
- Nature v. nurture



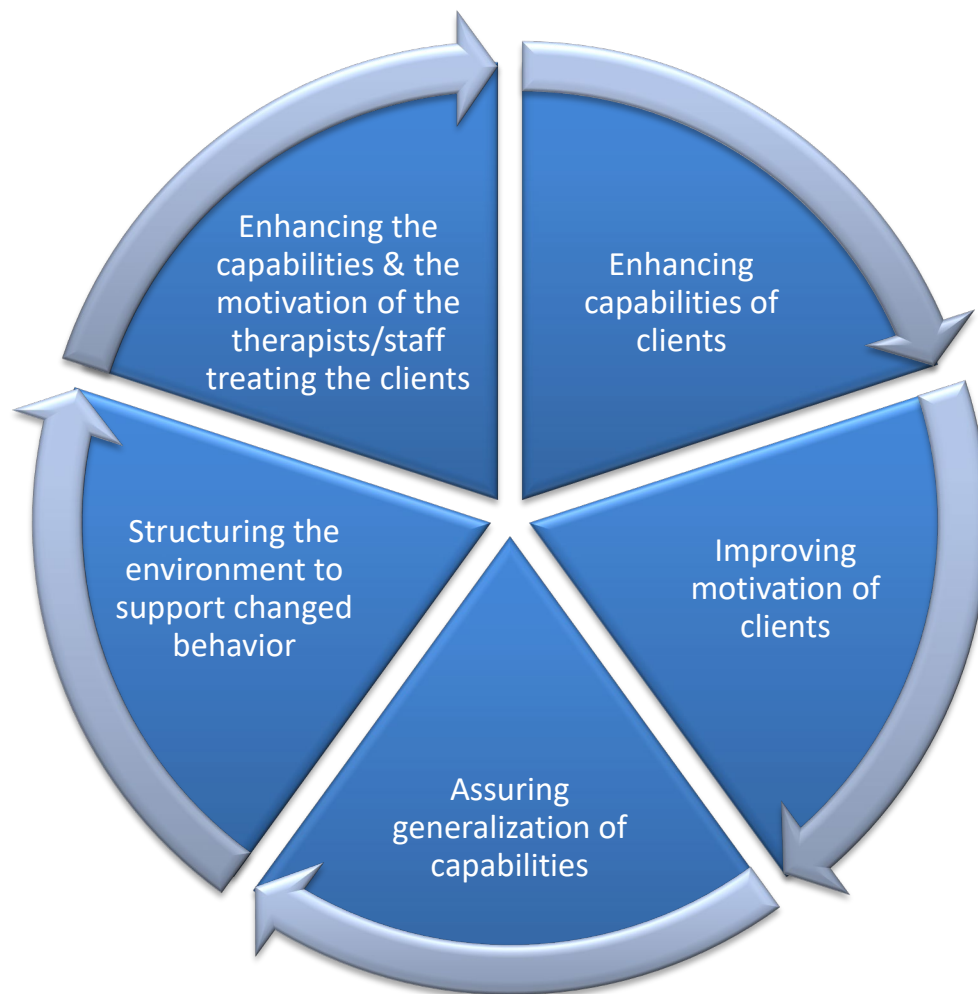
Interlocking Core Paradigms



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



Functions of Comprehensive Program





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:

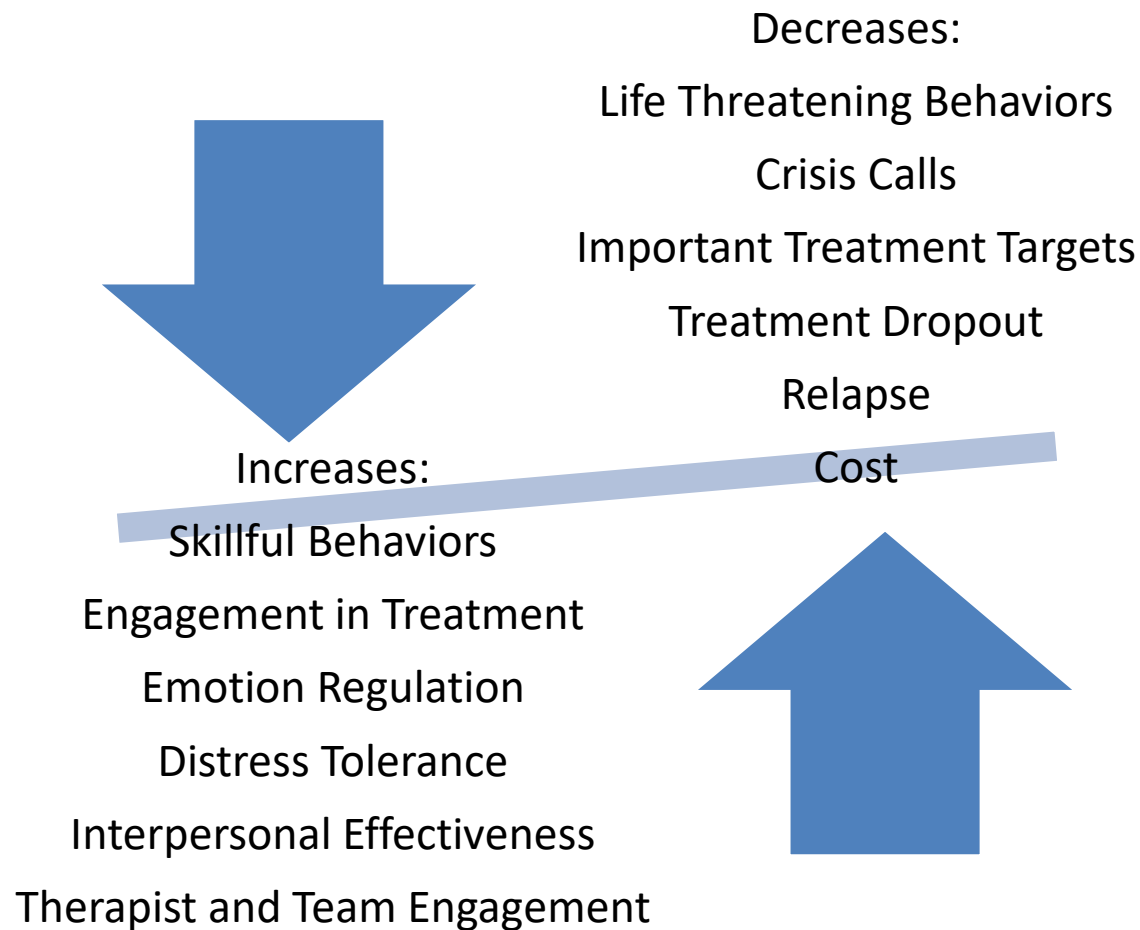
- Family therapy, family skills training, case management as needed

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 18 team consultations
- 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

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

<u>Event</u>	<u>Timeline</u>
DBT INFORMATIONAL WEBINAR	<i>The webinar was held on Wednesday, August 5, 2026, at 12:00pm CDT. For those who were unable to attend, a previously recorded webinar is available as a free course on our E2P:Learn online platform. You can register to take the course using the following link: CLICKING HERE.</i>
DBT LEADERSHIP IMPLEMENTATION ORIENTATION CALL	This was executed on Friday, August 14, 2026, from 9:00am-12:00pm CDT. Attendance is from agency leadership is mandatory for provider teams interested in applying for training. <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>
RFA APPLICATION PERIOD	Monday, August 17, 2026 – Tuesday, September 1, 2026
RFA NOTICE OF APPLICATION STATUS	Friday, September 4, 2026



DBT Virtual Training Requirements

<u>Training</u>	<u>Date & Time</u>	<u>Required Attendees</u>
TRAINING COMMITMENT & TEXTBOOK REQUEST FORM DUE	Thursday, September 17, 2026	All DBT clinicians enrolled in training
3 X 2-HR TEAM LEADER CONSULTATION	Tuesday, September 8, 2026 @ 9am-11am CDT Tuesday, September 22, 2026 @ 9am-11am CDT Tuesday, October 27, 2026 @ 9am-11am CDT	DBT team leaders and supervisors
5 HALF-DAY KICK OFF	Monday-Friday, October 5-9, 2026, 9am-1pm CDT	Intro to DBT: All DBT clinicians
3 HALF-DAY BOOSTER	Tuesday-Thursday, December 1-3, 2026, 9am-1pm CST	Individual Sessions: All DBT clinicians
3 HALF-DAY BOOSTER	Tuesday-Thursday, February 16-18, 2027, 9am-1pm CST	Case Conceptualizations: All DBT clinicians
TEAM CONSULTATION	September 28, 2026 – June 30, 2027	Total of 18 X 60-minute biweekly sessions: 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

<u>Training</u>	<u>Date & Time</u>	<u>Descriptions & Required Attendance</u>
ONLINE SKILLS	September 28, 2026 – January 31, 2027	3 months to complete asynchronous DBT skills training modules: All DBT clinicians
SESSION TAPES (Individual, Team, and Skills)	December 4, 2026-March 31, 2027	Individual Submissions: Pass Coaching role play Pass Individual session on 2 different clients – submit 3 tapes Team Submissions: Pass Consultation Team tape Pass Skills Group tape
TEAM CASE CONCEPTUALIZATIONS	February 11, 2027 - June 30, 2027	Pass Case Conceptualization: Submit 2 on different clients: 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:

➤ **Friday, August 14, 2026, from 9:00AM-12:00PM CST**

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

DBT Application Materials:

Request for Application (RFA)

REQUEST FOR APPLICATIONS

For

Dialectical Behavioral Therapy (DBT)

Learning Collaborative for Louisiana Medicaid Behavioral Health Agencies

 **Treatment Implementation Collaborative**
Enhancing Evidence Based Practices across the Continuum of Care

Issued by

LSUHSC-NO Center for Evidence to Practice



Application Release Date: Monday, August 17, 2026

APPLICATIONS MUST BE RECEIVED BY TUESDAY, SEPTEMBER 1, 2026

All applicants will be notified by Friday, September 4, 2026

Please direct questions to the Center for Evidence to Practice at EvidenceToPractice@lsuhsc.edu

Agency Agreement

Dialectical Behavioral Therapy (DBT) Agency Agreement

Please answer the questions below completely and thoroughly. The **DBT APPLICATION** must be completed by **EACH IDENTIFIED CLINICIAN ON YOUR TEAM**. Each clinician must upload this **SAME AGENCY AGREEMENT** on behalf of this DBT team.

AGENCY INFORMATION

NAME OF APPLICANT AGENCY	
AGENCY STREET ADDRESS	
CITY, STATE, AND ZIP CODE	
AGENCY PHONE NUMBER	
AGENCY WEBSITE	
AGENCY NPI	

TIME COMMITMENT

The Center for Evidence to Practice will be sponsoring the DBT training. The applicant(s) agency must support the practitioner(s) ability to commit to participating in ALL training dates. **13 half days of training spanning 3 installations and 18 1-hour consultation calls spanning 8 months.**

PLEASE CHECK OFF EACH BOX BELOW TO VERIFY PARTICIPATION FROM YOUR PRACTITIONERS

☐ **2 x 3 hr Team Leader Consultation Calls**
 Tuesday, September 8, 2026, from 9:00am-11:00am CST
 Tuesday, September 22, 2026, from 9:00am-11:00am CST
 Tuesday, October 27, 2026, from 9:00am-11:00am CST

☐ **3 INSTALLATIONS OF VIRTUAL TRAINING**
 Monday-Friday, October 5-9, 2026, from 9:00am-1:00pm CDT
 Tuesday-Thursday, December 1-5, 2026, from 9:00am-1:00pm CST
 Tuesday-Thursday, February 16-18, 2027, from 9:00am-1:00pm CST

☐ **CONSULTATION CALLS** Interval 18 1-hour consultation calls with a consultant from the TIC team for up to 8 months during the October training days.

Trainee Application

DBT
Dialectical Behavioral Therapy

DBT Application (Cohort 4)

Please complete the application below.

 **LSU Health**
School of Public Health

DBT INDIVIDUAL APPLICATION

The DBT online training is scheduled to begin in Fall 2028 with the **Treatment Implementation Collaborative** for this training opportunity. The course is limited to 4 agencies/teams.

The training application requires the following to be completed for **EVERY APPLICANT**: DBT application **AND** the **Agency Agreement**.

Please review the DBT Request for Applications (RFA) below in its entirety for complete details about the training prior to completing an application:

DBT AGS

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Save & Return Later

Training Commitment

Dialectical Behavioral Therapy (DBT)
Training and Delivery Commitment

Online Learning Collaborative
For Louisiana Medicaid Providers Serving Children and Families
 **Treatment Implementation Collaborative**
Sponsored by the Center for Evidence to Practice

The Center for Evidence to Practice (at the LSUHSC - School of Public Health) has selected you and your agency to participate in the **Dialectical Behavioral Therapy (DBT) Training, Program Development, and Rollout Collaborative**. This initiative is funded by Medicaid through a partnership with the Louisiana Department of Health - Office of Behavioral Health (DBH). Those individuals and agencies who commit to this initiative agree to complete training in the DBT model, create a DBT team, and to deliver DBT to fidelity.

This agreement is between:

(Agency Name)

(Trainee Name)

and the Center for Evidence to Practice, which demonstrates an organizational commitment to offering a sustainable and high-fidelity DBT program to patients and their caregivers receiving Medicaid services in Louisiana. This commitment includes guidelines regarding: **Attendance dates and policies, confidentiality, informed consent, consultation cooperation and participation, completion policy, use of copyrighted materials, development of a DBT curriculum, delivery of DBT, maintaining a DBT program as part of the DBT team and conditions for dismissal.**

TRAINING SCHEDULE

Event	Date
Training Commitment Deadline	Thursday, September 17, 2026
Textbook Request Form	Thursday, September 17, 2026
Learning Session 1, 3 Half-Day Kickoff	Monday-Friday, October 5-9, 2026 9am-1pm CDT
CE Evaluation Deadline for L1 Training	Friday, October 16, 2026
Learning Session 2, 3 Half-Day Booster	Tuesday-Thursday, December 1-3, 2026 9am-1pm CST
CE Evaluation Deadline for L2 Training	Thursday, December 10, 2026
Learning Session 3, 3 Half-Day Kickoff	Tuesday-Thursday, February 16-18, 2027 9am-1pm CST
CE Evaluation Deadline for L3 Training	Thursday, February 25, 2027
Consultation Call Commitment	1 hr bi-weekly calls for 9 months

The DBT application materials will open on **Monday, August 17, 2026.**

Application Process:

➤ The application materials will open on **August 17, 2026**, and the following is needed:

1) AGENCY AGREEMENT is REQUIRED with signatures and emailed to EvidenceToPractice@lsuhsc.edu by **September 1, 2026**.

2) TRAINEE APPLICATION is completed online, and **MUST** be submitted by **September 1, 2026**.

➤ *Applicants will be notified by **September 4, 2026**, 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