

Adapting Your DBT Program for Substance Use Disorder

University of Oslo | Oslo, Norway | 1-2 February 2016

Day One	
8.30 – 9.00	Registration & Sign-In
09.00 – 10:15	DBT for SUD: <ul style="list-style-type: none"> • The Overarching Approach • The Evidence • Dialectical Abstinence
10:15 – 10:30	Break
10:30 – 11:45	Structuring the Treatment Environment: <ul style="list-style-type: none"> • Determining Modes and Functions • The Use of Pharmacotherapy
11:45 – 13:00	Lunch
13:00 – 14.15	Structuring Individual Therapy: <ul style="list-style-type: none"> • Targeting- The Path to Clear Mind
14.15 – 14.30	Break
14.30 – 15.45	Case Conceptualization
15.45 – 16.00	Q&A, Completion of Evaluation, Sign-out

Day Two	
8.30 – 9.00	Sign-In
09.00 – 10:15	Homework Review Structuring Individual Therapy: <ul style="list-style-type: none"> • Initial Sessions • Attachment Strategies • Family Involvement
10:15 – 10:30	Break
10:30 – 11:45	DBT-SUD Skills Modifications/Refinements
11:45 – 13:00	Lunch on your own
13:00 – 14.15	Case Application
14.15 – 14.30	Break
14.30 – 15.45	Demonstration & Practice
15.45 – 16.00	Q & A, Completion of Evaluation, & Sign-Out