



Consonance LLC

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Dialectical Behavior Therapy-Accepting the Challenges of Exiting the System (DBT-ACES) Core Training

Instructor: Katherine Anne Comtois, PhD, MPH (and potential co-trainer)

1. COURSE DESCRIPTION

This course is designed to teach experienced DBT clinicians to do the DBT-ACES program effectively. It is based on the experience of teaching teams from Los Angeles, USA and Lengerich, Germany who have gone on to run successful DBT-ACES programs. Initial data for DBT-ACES at all three sites demonstrate that DBT-ACES helped 60-95% of clients to find competitive jobs in the community and 70-100% either worked or attended standard college or technical training. These improvements are better than comparable clients eligible for DBT-ACES but who received standard care instead.

This training will teach participants how to understand the philosophy of DBT-ACES and where it parallels or differs from standard DBT. The training covers the key elements of DBT-ACES including the preparation and application process, the DBT-ACES skills curriculum, the Work-as-Therapy and Career Development contingencies, and the adaptations to individual therapy, out-of-session coaching, and consultation team.

Because adding DBT-ACES to a DBT program can require some important adaptations to standard DBT targets and structure, this training is provided in four parts over a one year period during which you can adapt your standard DBT program and learn DBT-ACES so you are ready as clients need to apply (6-8 months into standard DBT) and start the first clients in DBT-ACES.

All parts of DBT-ACES training include a combination of didactic presentation, demonstration video, role-play and practice exercises, and small group discussion.

DBT-ACES Part 1 – Two-Day In-Person Training

The initial session is a two-day overview for the whole DBT-Team regardless of whether they expect to provide DBT-ACES. This session includes the DBT-ACES philosophy and review of the data to date. It will then provide an overview of the DBT-ACES strategies and where they align or differ from standard DBT, and cover the Recovery Goals, DBT-ACES application procedures, Normative-Productive Activity contingencies, and other changes to standard DBT in detail.



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DBT-ACES Part 2 – Study Group (with or without trainer consultation sessions)

Staff who will be part of DBT-ACES program meet weekly for a 'DBT-ACES staff class' at their respective agencies. This class is run exactly as a DBT-ACES group with good news, individual check-ins on action steps toward personal ambitions, review of assignments, and teaching new skills for 6-12 months. Each clinician completes a clinician version of the DBT-ACES application before joining the staff class.

Periodic consultation with a DBT-ACES trainer can be arranged (on a schedule or as needed) to help that team stay on track with an 'DBT-ACES roll out calendar' and to help integrate DBT-ACES into the standard DBT year.

DBT-ACES Part 3 – Core Training (provided 6 months after Part 1)

The core training is a 3-5 day training for clinicians who will provide DBT-ACES individual or skills training that teaches

- Trouble-shooting the DBT-ACES application and recruitment to DBT-ACES
- DBT-ACES skills curriculum and how to conduct DBT-ACES skills groups
- Work as Therapy and Career Development contingencies
- Organizing individual therapy around the Recovery Goals and work contingencies
- Adaptations to out-of-session coaching
- Adaptations to DBT consultation team

DBT-ACES Part 4 – Implementation and Trouble-Shooting (provided via monthly online or phone consultation for 6-12 months after Part 3 or for two-days 6-12 months after Part 3)

The Implementation and Trouble-shooting training can be provided through ongoing structured webcasts or phone consultation or via a two-day in-person training. Part 4 is a case-based and practice-based training that will involve

- Video review of ACES staff classes
- Case presentations including review of participant's DBT-ACES applications, Work as Therapy and Career Development plans
- Video and roll-play of DBT-ACES treatment strategies and new skills
- Practice with common DBT-ACES dilemmas
- Trouble-shooting of agency specific dilemmas in DBT-ACES implementation



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2. COURSE OBJECTIVES

Following this training, participants will be able to:

- Explain the philosophy of DBT-ACES;
- Describe the structure of DBT-ACES;
- Describe the adaptations of DBT for DBT-ACES;
- Explain the research supporting DBT-ACES;
- Discuss the criteria for entering DBT-ACES;
- Conduct an effective DBT-ACES application process;
- Describe the DBT-ACES Recovery Goals;
- Describe the Career Development contingency in DBT-ACES;
- Describe the Work as Therapy contingency in DBT-ACES;
- Conduct effective DBT-ACES individual therapy incorporating the Recovery Goals and work contingencies;
- Lead an effective DBT-ACES skills training group;
- Teach the twelve modules of DBT-ACES skills;
- Describe the adaptations for an effective DBT-ACES consultation team;
- Describe the adaptations for effective DBT-ACES out-of-session coaching;
- Conceptualize a case in DBT-ACES, and develop a treatment plan;
- Apply DBT's strategies and principles in addressing DBT-ACES therapy-interfering behaviors
- Trouble-shoot common dilemmas encountered conducting DBT-ACES
- Develop a system for evaluating DBT-ACES outcomes