

Schedule: Montclair State University Telehealth DBT Individual Skills Training Program				
	<i>Week</i>	<i>Time</i>	<i>DBT Skills Training</i>	<i>RNR Analog Training</i>
4 Weeks: Pre Assessment, Intake, Orientation, Analyzing Behavior, Dialectical Thinking, and Mindfulness				
Intake; Commitment; Goals/Values	Pre-tx	2 hrs	Contact client to create electronic health records account Contact client to complete: Consent for Services Notice of Privacy Practices Client Information Form Client Contacts Form (for emergency contact information) Client History Form Contact client to administer ahead of intake: DDS, ASI5 and ASI-SR, LS/CMI, and ACEs Pre SARAN Pre VLQ Pre DBT-WCCL Pre CVTRQ Pre MCAA and CSS-M LCP Pre LSRP36 Pre Schedule and conduct intake session:	Motivational Interviewing

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			<p>Follow up as needed based on Pre testing results</p> <p>Review ER 18: Values and Priorities List with client</p> <p>[Use commitment strategies]</p> <p>Orient to diary card (completed daily, submitted weekly)</p> <p>Help client download and set up daily reminders for Mindfulness Coach app (for iPhone or Android)</p> <p>Schedule weekly appointment day/time</p> <p>After intake:</p> <p>Score measures (many scores auto-generate), including LS/CMI</p> <p>Write and submit intake report, including case conceptualization and treatment plan</p>	
Orientation; Chain and Solution Analysis; Missing Links Analysis	1	1 hr	<p>pp. 2–3: Why Skills?</p> <p>pp. 4–5: Learning Skills</p> <p>Rapport build</p> <p>Review diary card (or have client complete in session if they did not do so at all or completely)</p>	Feedback About Central Eight; Relapse Prevention for Criminal History

			Identify hierarchy of treatment targets for the week Relate skills taught to treatment targets Review and assign skills practice Submit session note	
Dialectical Thinking	2	1 hr	pp. 6–7: Flexible Thinking Skills “”	Criminal Thinking
Mindfulness	3	1 hr	pp. 8–10: Mindfulness Skills “”	Criminal Thinking; Antisocial Personality Pattern

3 Weeks: Distress Tolerance				
Distress Tolerance (Crisis Survival)	4	1 hr	pp. 11–13: Tolerate Distress Skills (Crisis Survival) “”	Criminal Thinking; Antisocial Personality Pattern
Distress Tolerance (Reality Acceptance)	5	1 hr	pp. 14–15: Tolerate Distress Skills (Reality Acceptance) “”	Criminal Thinking; Antisocial Personality Pattern
Distress Tolerance (Addiction Crisis)	6	1 hr	pp. 16–17: Tolerate Distress Skills (Addiction Crisis) “”	Alcohol/Drug Problems

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3 Weeks: Interpersonal Effectiveness				
Interpersonal Effectiveness (Interpersonal Objectives)	7	1 hr	pp. 18–21: Relationships Skills (Being Effective with Others) “”	Antisocial Associates; Family/Marital Problems
Interpersonal Effectiveness (Walking the Middle Path: Dialectics and Validation)	8	1 hr	pp. 22–23: Relationships Skills (Walking the Middle Path in Relationships: Flexible Thinking and Validation) “”	Antisocial Associates; Family/Marital Problems
Interpersonal Effectiveness (Walking the Middle Path: Behavioral Change)	9	1 hr	pp. 24–25: Relationships Skills (Walking the Middle Path in Relationships: Change) “”	Antisocial Associates; Family/Marital Problems

3 Weeks: Emotional Regulation and Post Assessment				
Emotional Regulation (Model of Emotions)	10	1 hr	pp. 26–29: Emotions Regulation (Know Your Emotions) “”	Criminal Thinking; Antisocial Personality Pattern
Emotional Regulation (Regulating Emotions)	11	1 hr	pp. 30–32: Emotions Regulation (Change Emotions) “”	Criminal Thinking; Antisocial Personality Pattern; Education/Employment Problems
Emotional Regulation; Post Assessment (Reducing Emotional Vulnerability)	12	2 hrs	pp. 33–37: Emotions Regulation (Reduce Vulnerability to Emotion Mind) “” Direct client to complete (ideally ahead of final session): ASI5 and ASI-SR Post SARAN Post VLQ Post DBT-WCCL Post MCAA and CSS-M LCP Post LSRP36 Post After session: Score measures (many scores auto-generate), including LS/CMI	Criminal Thinking; Antisocial Personality Pattern; Education/Employment Problems; Leisure/Recreation Problems

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			Write treatment summary, including response to treatment and client's future plans	
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