



Psychiatry High Risk Program  
Psychiatry Faculty Practice, Inc.  
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## Dynamic Deconstructive Psychotherapy Training Summary:

### Free Resources for Training:

1. The DDP website below includes: DDP Manual (free PDF to download), links to a DDP recorded workshop, forms and questionnaires, and a free web-based training program.  
<http://www.upstate.edu/ddp>
2. Agencies or programs can request a 1 hour in-service on the Psychiatry High Risk Program or DDP by DDP advanced competent therapists free of charge. This in-service would be provided via televideo unless local to the Syracuse, NY area. An interested agency can contact 315-464-3117 or [riggalab@upstate.edu](mailto:riggalab@upstate.edu) for more information.

### PHRP DDP Paid Consultation Services

In order to achieve certification of advanced competency in DDP, it is necessary to engage in on-going weekly individual and/or group case consultation with an advanced level therapist. Certification authorizes the therapist to train other therapists to advanced competency in DDP.

1. An agency can elect to pay for a **4-hour DDP workshop** to accelerate the start of DDP training with an advanced level therapist. This fee is the hourly rate of \$170.00/hr x 4 = \$680.00 for the workshop

Commitment: A Memorandum of Understanding is created between Psychiatry Faculty Practice, Inc. and the individual/agency for which the training is provided. For individuals or groups seeking to arrange this on-going training, we recommend committing to **one year of weekly consultation** 1 hr/wk to see benefit and to have the opportunity to bring a patient successfully through the model. This is an at-will agreement and either party can terminate the MOU at any time. Video-recording patient sessions for training purposes is strongly recommended since this greatly accelerates learning. We also strongly recommend taking on at least 2 patients for DDP in order to achieve certification of advanced competency.

Cost: Our current consultation rate is \$170.00 per hour per individual or group of up to 5 members. See breakdown in the table below. The rate is subject to change or increase yearly due to inflation, staff salaries, etc.

# People in consult group:	Cost per person (weekly)	Cost per person (yearly) <i>*based on 50 wks to acct for vacations</i>
1	\$170.00	\$8,500.00
2	\$85.00	\$4,250.00
3	\$56.67	\$2,833.50
4	\$42.50	\$2,125.00
5	\$34.00	\$1,700.00

Pros/Cons of individual consultation:

1. **Pro** - individualized time, attention. The consultation hour is focused on your personal DDP cases and feedback. Trainees tend to feel more comfortable and safe in the individual training relationship sooner than in groups.
2. **Con** - increased cost, lack of opportunity to learn from other's cases. Lack of collaboration or support by other participants trained in the model.

Pros/Cons of Group consultation:

1. **Pro** - lowered cost, ability to learn from others' cases as they present in a month. Potential for increased support in the work environment as 'we're all learning together' comradery occurs.
2. **Con** - less individual time for cases, which can slow learning. Potential for prolonged safety concerns with the consultant, as therapist competitiveness, comparison can enter the training environment.

Decision-making: The training clinician is in a purely advisory role, and the provider/agency receiving the training will retain all authority for treatment decisions and assumes all responsibility and liability for those decisions. PHRP retains the right to assign the DDP advanced competent clinician of their choosing for the training.

DDP Advanced Competency: In order to achieve an advanced level of competency, the therapist must demonstrate an ability to move at least two patients through all four stages of recovery while receiving weekly case consultation/training from an advanced-level DDP therapist, staying adherent to the treatment model, and demonstrating a wide range of DDP techniques. Achievement of advanced competency authorizes the therapist to independently provide effective DDP, to train other therapists in this modality, and to certify other therapists in advanced competency. The time commitment for training to this level involves seeing 3-4 patients on a weekly basis over 12-24 months (since 1 or 2 may drop out) while receiving weekly case consultation/training. Thus, this level can be achieved as part of a two-year psychotherapy training program in graduate school or residency, two-year consultation MOU, or as a part-time postgraduate fellowship.