

Dialectical Behavior Therapy (DBT) Training Series

Skills Training Day 1

8:30am-08:45am:	Itinerary (Intros, Schedule)
08:45am-09:00am:	Mindfulness Practice
09:00am-10:00am:	Introductions to DBT Skills Training:
10:00am-10:30am:	General Skills
10:30am-10:45am:	Break
10:45am-11:45am:	Mindfulness Skills (Interactive)
11:45am-12:00pm:	Q&A
12:00pm-01:00pm:	Lunch (Mindful Eating)
01:00pm-01:10pm:	Mindfulness Practice
01:10pm-01:30pm:	Breakout Exercise Mindful Eating (Individual) “The What Bag” (Group)
01:30pm-02:00pm:	Breakout Discussion
02:00pm-02:30pm:	Distress Tolerance Skills Training
02:30pm-02:45pm:	Break
02:45pm-03:30pm:	Distress Tolerance Skills Training (con’t)
03:30pm-03:40pm:	Breakout Exercise Pros and Cons
03:40pm-04:00pm:	Breakout Discussion
04:00pm-04:15pm:	Q&A
04:15pm-04:30pm:	Resources & Wrap Up

Dialectical Behavior Therapy (DBT) Training Series
Skills Training Day 2

- 08:30am-08:45am: Itinerary
Q & A
- 08:45am-09:00am: Brief DBT Skills Recap
1. General Skills
 2. Mindfulness Skills
 3. Distress Tolerance Skills
- 09:00am-10:15am: Emotion Regulation Skills Training
- Understanding & Naming Emotions
 - Changing Unwanted Emotions
- 10:15am-10:30am: Break
- 10:30am-11:00am: Changing Emotion by Problem Solving Exercise
- 11:00am-12:00pm: Emotion Regulation Skills Training Continue
- Reducing Vulnerability to Emotion Mind
 - Core Handouts & Worksheets
 - Optional Handouts & Worksheets
- 12:00pm-1:00pm: Lunch
- 1:00pm-1:10pm: Mindfulness Experiential
- 1:10pm-2:30pm: Interpersonal Effectiveness Skills Training
- Core Interpersonal Effectiveness
 - Interpersonal Effectiveness Skills Priorities
- 2:30pm-2:45pm: Break
- 2:45pm-3:45pm: Interpersonal Effectiveness Skills Training Continue
- Skills for Building Relationships & Ending Destructive Ones
 - Walking the Middle Path
 - Core Handouts & Worksheets
- 3:45pm-4:15pm: Interpersonal Effectiveness Exercise
- 4:15pm-4:30pm: Q&A

**Dialectical Behavior Therapy (DBT) Training Series
Case Conference Day 3**

- 08:30am-08:50am: Recap/Q&A's/Itinerary:
1. DBT Skills Reminder Tip Sheet
2. Q&A's
3. Itinerary
- 08:50am-09:30am: Choose Partner
Complete DBT Assessment Using Case Presentation Template
- 09:30am-09:50am: DBT Assessment Discussion
- 09:50am-10:15am: Complete Chain Analysis of Problem Behavior With Partner
- 10:15am-10:30am: 15 Min Break
- 10:30am-10:45am: Chain Analysis Discussion
- 10:45am-11:00am: Case Consultation Format
1. DBT Consultation Agreement
2. DBT Consultation Team Format
3. DBT Consultation Team Member Tasks
- 11:00am-11:25am: Case 1 Discussion
1. Creating DBT Consult Team
2. Present Case Presentation (Participant 1)
3. Treatment Recommendations & Troubleshooting
- 11:25am-11:50am: Case 2 Discussion
1. Creating DBT Consult Team
2. Present Case Presentation (Participant 2)
3. Treatment Recommendations & Troubleshooting
- 11:50pm-12:15pm: Case 2 Discussion
1. Creating DBT Consult Team
2. Present Case Presentation (Participant 2)
3. Treatment Recommendations & Troubleshooting
- 12:15pm-12:30pm: Q & A/Evaluation