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

Integrated Treatment Consulting, Inc.
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
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