

DBT: Dialectical Behavior Therapy
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Training Days Agendas

Wednesday, January 30, 2019

Overview (Academy for Professional Excellence, Training Room 103, 6367 Alvarado Rd. San Diego, CA 92120):

8:30am-10:00am

- Speaker background and introductions
- Shorthand used on slides
- What is DBT?
 - DBT Description
 - Third-Wave Cognitive-Behavioral Therapies
 - Origins of DBT
 - Goals of DBT
 - The Biosocial Model
 - Emotion Dysregulation
 - Does DBT Work?
 - Who is Well-Suited to DBT?
 - Applicability of DBT
 - What are Dialectics?
 - Application of Dialectics
 - Assumptions About Participants
 - Assumptions About Providers

10:00am-10:15am Break

10:15am-12:00noon

- What Does DBT Look Like?
 - What are the Standard Modes of Treatment in DBT?
 - Individual Therapy
 - Skills Training
 - Between-Session Feedback and Coaching Guidelines
 - Therapist Consultation
 - Orienting Clients: Pretreatment Meetings
 - Analyzing Behavior: Assessment in DBT
 - Prioritizing in Session: The Treatment Hierarchy
 - Rationale for DBT Skills Training
 - The Four Skills Modules
 - Mindfulness
 - Interpersonal Effectiveness
 - Emotion Regulation
 - Distress Tolerance

12:00noon-1:00pm Lunch

1:00pm-2:30pm

- Video: This One Moment: Skills for Everyday Mindfulness
- Hands-On Role Play: Teaching Mindfulness
- Treatment Strategies and Case Conceptualization
 - Commitment Strategies
 - Dialectical Strategies
 - Acceptance Strategies and Validation
 - Change Strategies and Problem Solving
 - Case Management Strategies
 - Clinically Relevant Dialectics
 - Case Conceptualization

2:30pm-2:45pm Break

2:45pm-4:30pm

- Mindful Eating: The Raisin Exercise
- Video: From Suffering to Freedom: Practicing Reality Acceptance
- Diving in to the Structure
 - Individual Therapy
 - Individual Skills Training
 - Group Skills Training
 - The Roles of Providers
 - Optimal Use of Diary Cards
 - Addressing Life-Threatening Behaviors
 - Addressing Therapy-Interfering Behaviors
- Selecting Someone to Work with in DBT

Wednesday, February 27, 2019

Skills (Academy for Professional Excellence, Training Room 103, 6367 Alvarado Rd. San Diego, CA 92120):

8:30am-10:00am

- Mindfulness Exercise: Leaves on a River
- Advanced Techniques for Common Challenges
 - Behavioral Analysis
 - Solution Analysis
 - Crisis Management
 - Optimizing Time Between Sessions
 - Homework
 - Consultation
 - Breaks in Treatment

10:00am-10:15am Break

10:15am-12:00noon

- Video: Opposite Action: Changing Emotions you Want to Change
- Mindfulness Exercise: The “What Bag”
- Advanced Techniques for Specific Populations
 - Personality Disorders
 - Mood Disorders and Suicidal Behaviors
 - Eating Disorders
 - Addictive Behaviors
 - Family and Childhood Problems
 - Disorders During Older Adulthood

12:00noon-1:00pm Lunch

1:00pm-2:30pm

- Video: Crisis Survival Skills: Part One: Distracting and Self-Soothing
- Advanced Techniques for Specific Settings
 - Outpatient Settings
 - Residential and Inpatient Settings
 - Correctional or Forensic Settings
 - School Settings

2:30pm-2:45pm Break

2:45pm-4:30pm

- Video: Crisis Survival Skills: Part Two: Improving the Moment and Pros and Cons
- DBT Certification
- DBT Training
- Selecting Someone to Work with in DBT

- Resources
- References
- Addressing Remaining Questions

Wednesday, March 27, 2019

Case Conference (Academy for Professional Excellence, Training Room 103, 6367 Alvarado Rd. San Diego, CA 92120):

8:30am-10:00am

- Address common challenges in applying DBT
- Tailor interactions to meet the needs of the people receiving services, where they are
- Actively incorporate recovery and culture into treatment plan

10:00am-10:15am Break

10:15am-12:30noon

- Address common challenges in applying DBT
- Tailor interactions to meet the needs of the people receiving services, where they are
- Actively incorporate recovery and culture into treatment plan

Wednesday, April 10, 2019

Teleconference Consultation (Teleconference; Uberconference Line):

10:00am-11:00am

- address any remaining challenges with implementing DBT in specific settings or with particular clinical populations. The consultation will conclude with ideas about forming peer consultation groups to maintain the skills you have learned.