

# Dialectical Behavior Therapy (DBT) Training Series (CYF Audience- STRTP Providers)

Steven R. Thorp, Ph.D., ABPP, PSY20206. Professor, researcher, and clinician with expertise in Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT).

## Learning Objectives

- Demonstrate application of introductory DBT principles
- Accurately assess if DBT is an indicated intervention
- Accurately identify the standard modes of treatment in DBT
- Identify the benefits of using DBT with individuals receiving service
- Integrate DBT techniques with current practice
- Conceptualize a case from a DBT framework

## Skills Day 1: Monday, September 16, 2019, 8:30am-4:30pm

<i>Time</i>	<i>Activity</i>
8:00 am – 8:30 am	Sign-in
8:30am – 9:00am	Speaker background and introductions
9:00am – 10:00am	Section 1: 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

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10:00am – 10:15am

Break

10:15am- 12:00pm

Section 2: What Does DBT Look Like?

What are the Standard Modes of Treatment in DBT?

Pretreatment Targets

Individual Therapy

Skills Training

Between-Session Feedback and Coaching Guidelines

Therapist Consultation

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

12:00pm- 1:00pm

Lunch

1:00pm – 2:00pm

Video: This One Moment: Skills for Everyday Mindfulness

Hands-On Role Play: Teaching Mindfulness

Section 3: Case Conceptualization and Treatment Strategies

Case Conceptualization

Treatment Strategies

Commitment Strategies

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Dialectical Strategies

Acceptance Strategies and Validation

Change Strategies and Problem Solving

Case Management Strategies

Clinically Relevant Dialectics

2:30pm- 2:45pm

Break

2:45pm – 4:30pm

Mindful Eating: The Raisin Exercise

Video: From Suffering to Freedom:

Practicing Reality Acceptance

Section 4: Pro Tips and Selection

Pro Tips

Individual Therapy

Individual and Group Skills Training

The Roles of Providers

Diary Cards

Selecting Someone to Work with in DBT

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*Skills Day 2: Monday, October 7, 2019, 8:30am-4:30pm*

<i>Time</i>	<i>Activity</i>
8:00 am – 8:30 am	Sign-in
8:30am – 10:00am	Mindfulness Exercise: Leaves on a River Section 5: Advanced Techniques for Common Challenges Behavioral Analysis Solution Analysis Crisis Management Optimizing Time Between Sessions
10:00am – 10:15am	Break
10:15am- 12:00pm	Video: Opposite Action: Changing Emotions you Want to Change Mindfulness Exercise: The “What Bag” Section 6: Advanced Techniques for Specific Populations Personality Disorders Mood Disorders and Suicidal Behaviors Eating Disorders Addictive Behaviors Family and Childhood Problems Disorders During Older Adulthood
12:00pm- 1:00pm	Lunch (Practice Mindful Eating)
1:00pm – 2:30pm	Video: Crisis Survival Skills: Part One: Distracting and Self-Soothing Section 7: Advanced Techniques for Specific Settings Outpatient Settings Residential and Inpatient Settings

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## Correctional or Forensic Settings

2:30pm- 2:45pm

Break

2:45pm – 4:30pm

Video: Crisis Survival Skills: Part Two: Improving the Moment and Pros and Cons

Section 8: Cultural Issues, Training, and Resources

Cultural Issues

DBT Training

DBT Certification

Resources

References

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*Case Conference: Monday, November 18, 2019, 8:30am-12:30pm*

<i>Time</i>	<i>Activity</i>
8:00 am – 8:30 am	Sign-in
8:30am – 10:00am	Continue didactic instruction, as needed 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 – 12:30pm	Continue didactic instruction, as needed 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

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*Group Consultation Call: Monday, December 2, 2019, 10:00-11:15am*

Teleconference: Local Telephone Number: (619) 618-1055; Toll-Free Number: (855) 306-5510

### *Time*

10:00 am – 11:00 am

### *Activity*

Address any remaining challenges with implementing DBT in specific settings or with particular clinical populations.

Consultation will conclude with ideas about forming peer consultation groups to maintain the skills you have learned