

Implementation of Dialectical Behavior Therapy (DBT)

Trainer: [Steven R. Thorp, Ph.D., ABPP](#)

Course Code: BH0307

Overview

Dialectical Behavior Therapy (DBT) is a recommended treatment in many of the treatment programs available in the Behavioral Health System. DBT is a type of cognitive behavioral therapy that combines strategies like mindfulness, acceptance, and emotion regulation. In this training series, participants will receive an in-depth learning experience designed to increase their DBT knowledge and skills, practice DBT skills in the training and their workplace, and further develop and tailor their skills through consultation for participants to implement DBT. Participants will present and discuss challenges and successes in providing DBT. Full course descriptions and learning objectives are listed on the second page. See page three for outline.

PREREQUISITE: Introduction to DBT eLearning (BHE0034) to be completed by Monday, January 10, 2022.

Live Virtual Training:
This training will be conducted via [Zoom](#).



Audience

BHS therapists, counselors, peer support partners, case managers, and other direct service providers working with children, youth and family.

Training

Date

Time

Skills Day 1	Tuesday, January 11, 2022	9:00 AM - 3:00 PM
Skills Day 2	Tuesday, January 25, 2022	9:00 AM - 3:00 PM
Case Conference	Tuesday, February 8, 2022	10:00 AM - 3:00 PM
Group Consultation	Tuesday, February 22, 2022	9:00 AM - 10:00 AM

Participants will receive 15 CEs upon completion of ALL training activities. No partial CEs will be given. Please arrange accordingly with your supervisors before enrolling in the series.

[Click Here](#) to log into the LMS and Register

Registration: If you already have an account, you may search for the course by name or course code. If you do not have an account in the LMS you will need to open one by [clicking here](#). Email RIHS@sdsu.edu if you have any questions. This training is FREE of charge to BHS County employees and contractors.

Continuing Education: This course meets the qualifications for 15 hours of continuing education credit for LMFTs, LCSWs, LPCCs and/or LEPs as required by the California Board of Behavioral Sciences. The Academy for Professional Excellence is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy for Professional Excellence is approved by the California Board of Registered Nursing, Provider # BRN CEP10014; CCAPP-EI, Provider # 1S-98-38-98-0822, and CAADE Provider # CP40 906 CH 0323 for 15 contact hours/CEHs. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists. The Academy for Professional Excellence maintains responsibility for this program and its content. CE certificates will be available for download 5 business days after course completion. Click here for information on how to [obtain CE Certificates](#). Click here for the [CE Grievance Procedure](#).

Implementation of Dialectical Behavior Therapy (DBT)

DESCRIPTION & LEARNING OBJECTIVES

Introduction to DBT eLearning (BHE0034)

To be completed by Monday, January 10, 2022

Upon completion of this eLearning course participants will be able to recognize what Dialectical Behavior Therapy is and when it is used; identify the elements of Borderline Personality Disorder diagnosis; recognize how DBT is used in individual training and group training; identify the four treatment modules of DBT; and identify treatment strategies of DBT.

DBT Skills

Skills Day 1: Tuesday, January 11, 2022 from 9:00 AM - 3:00 PM

Skills Day 2: Tuesday, January 25, 2022 from 9:00 AM - 3:00 PM

Prerequisite: Completion of DBT eLearning

Skill Days 1 and 2 of this training series will provide practical training involving didactics and core DBT intervention techniques and their application to common problems. "Third Wave" Therapies that integrate acceptance, validation, and mindfulness with change-based strategies will be discussed, along with video demonstrations of skills training and case examples. Upon completion of this training, participants will be able to:

- 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

DBT Case Conference

Tuesday, February 8, 2022 from 10:00 AM - 3:00 PM

Prerequisite: Completion of DBT eLearning, Skills Day 1 and Skills Day 2

The Case Conference will allow participants an opportunity to present their concise DBT case conceptualization and receive feedback. Participants will present and discuss challenges and successes in providing DBT.

Discussions will lead to deepening the skill in providing DBT and support for recurring or persistent issues.

Upon completion of this training, participants will be able to:

- Conceptualize a case from a DBT framework
- Integrate DBT techniques with current practice
- Demonstrate application of implementation of DBT tools and principles

DBT Group Consultation

Tuesday, February 22, 2022 from 9:00 AM - 10:00 AM

Prerequisite: Completion of DBT eLearning, Skills Day 1, Skills Day 2 and Case Conference

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.

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Educational Goal: *To improve the application of Dialectical Behavior Therapy (DBT) in the delivery of behavioral health services.*

Learning objectives:

Upon completion of the DBT Skills 1 & 2 training days, participants will be able to:

- 1. Accurately assess if DBT is an indicated intervention*
- 2. Accurately identify the standard modes of treatment in DBT*
- 3. Identify the benefits of using DBT with individuals receiving service*

Upon completion of the DBT Case Conference training day, participants will be able to:

- 4. Conceptualize a case from a DBT framework*
- 5. Integrate DBT techniques with current practice*
- 6. Demonstrate application of implementation of DBT tools and principles*

Skills Day 1: Tuesday, January 11, 2022, 9:00 am – 3:00 pm

<i>Time</i>	<i>Activity</i>
8:50 am – 9:00 am	Enter Zoom waiting room; video and mic check*
9:00 am – 9:55 am	Speaker Background; Shorthand; Getting Started; The Case Conference (preview); DBT and Third-Wave Cognitive-Behavioral Therapies; Origins of DBT; Goals of DBT
9:55 am – 10:00 am	Break
10:00 am – 10:55 am	The Biosocial Model; Emotion Dysregulation; Evidence for DBT; What are Dialectics? Assumptions About Participants; Assumptions About Providers What Does DBT Look Like (the Standard Modes of DBT)?
10:55 am – 11:00 am	Break
11:00 am – 12:00 pm	Video: This One Moment: Skills for Everyday Mindfulness; Discussion.
12:00 pm – 1:00 pm	Lunch
1:00 pm – 1:55 pm	Pretreatment Targets; Assessment in DBT; Individual Therapy and Priorities; Skills Training; The Four Skills Modules; Mindfulness, Interpersonal Effectiveness, Emotion Regulation, Distress Tolerance

*Please note: in order to receive completion and credit/ CE's, you must have your video camera on for the duration of training.

Dialectical Behavior Therapy (DBT) Training Series

Steven R. Thorp, Ph.D., ABPP

1:55 pm – 2:00 pm	Break
2:00 pm – 2:55 pm	Video: Opposite Action: Changing Emotions You Want to Change. Discussion. Between-Session Feedback and Coaching Guidelines; Therapist Consultation; Case Conceptualization
2:55 pm – 3:00 pm	Questions and wrap up

Skills Day 2: Tuesday, January 25, 2022, 9:00 am – 3:00 pm

<i>Time</i>	<i>Activity</i>
8:55 am – 9:00 am	Enter Zoom waiting room; video and mic check*
9:00 am – 9:55 am	Video: From Suffering to Freedom: Practicing Reality Acceptance; Discussion.
9:55 am – 10:00 am	Break
10:00 am – 10:55 am	Treatment Strategies: Dialectical Strategies; Acceptance Strategies and Validation; Change Strategies and Problem Solving; Case Management Strategies
10:55 am – 11:00 am	Break
11:00 am – 12:00 pm	Video: Crisis Survival Skills: Part One: Distracting and Self-Soothing; Discussion.
12:00 pm – 1:00 pm	Lunch (Practice Mindful Eating)
1:00 pm – 1:55 pm	Case Examples and Polls; Cultural Issues; DBT Training and Certification; Resources.
1:55 pm – 2:00 pm	Break
2:00 pm – 2:55 pm	Video: Crisis Survival Skills: Part Two: Improving the Moment and Pros and Cons; Discussion.

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Dialectical Behavior Therapy (DBT) Training Series

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2:55 pm – 3:00 pm Questions and wrap up

Day 3 - Case Conference: Tuesday, February 8, 2022, 10:00 am – 3:00 pm

<i>Time</i>	<i>Activity</i>
9:55 am – 10:00 am	Enter Zoom waiting room; video and mic check*
10:00 am – 10:55 am	Case presentations and discussion. Each participant has 5 minutes or less to present 10 areas about their DBT case conceptualization.
10:55 am – 11:00 am	Break
11:00 am – 11:55 am	Case presentations and discussion.
12:00 am – 1:00 am	Lunch (Practice Mindful Eating)
1:00 pm – 1:55 pm	Case presentations and discussion.
1:55 pm – 2:00 pm	Break
2:00 pm – 2:55 pm	Case presentations and discussion.
2:55 pm – 3:00 pm	Questions and wrap up. Participants will bring questions to Group Consultation next time.

Day 4 - Group Consultation: Tuesday, February 22, 2022, 9:00 am – 10:00 am

<i>Time</i>	<i>Activity</i>
8:55 am – 9:00 am	Enter Zoom waiting room; video and mic check*
9:00 am – 10:00 am	Address any remaining challenges with implementing DBT in specific settings or with particular clinical populations

*Please note: in order to receive completion and credit/ CE's, you must have your video camera on for the duration of training.



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