

# **Growing the Toolbox: The Fundamentals of Dialectical Behavior Therapy (DBT) Skills Training**

## **Program Description**

What if we framed the destructive behaviors that clients often describe in session, not as the result of low motivation, but as skill deficits? This course will introduce effective strategies to assist clients in increasing their ability to regulate emotions and behaviors in order to meet their life goals. The course covers the fundamentals of Dialectical Behavior Therapy (DBT) skills: Core Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness. Participants will learn how to plan, structure, and conduct DBT skills classes and individual skills training. The program will include a combination of lecture, clinical examples, experiential exercises, and role plays to illustrate specific skills training procedures, assignment and review of homework with clients, and troubleshooting common skills training obstacles. These skills can be utilized within DBT or in conjunction with another approach or evidenced based practice. This course will include the skills, as developed by Dr. Marsha Linehan, and is designed for all mental health professionals who want to learn to teach DBT skills or to improve their instructional skills with clients.

*Participants do not need advance knowledge of DBT.*

## **Program Objectives**

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

- Explain how skills training can decrease target behaviors;
- Describe the four modules of DBT skills training;
- List the strategies and procedures required for effective teaching of DBT skills;
- Name strategies for effectively reviewing DBT skills training homework.

## **Target Audience**

Mental health professionals or any other human service professional interested in this topic.

## **Program Agenda**

### **Day 1**

9:00AM	Introduction, agenda review, and mindfulness
9:15AM	Overview: Goals of skills training and supporting research
10:00AM	Target populations
10:30AM	Break
10:45AM	Behavioral Targets
12:00PM	Lunch
1:00PM	Mindfulness Introduction
2:00PM	Group practice and role-plays
2:30PM	Break
2:45PM	Interpersonal Effectiveness
4:15PM	Tips for Group Facilitation
4:30PM	Adjourn

**Day 2**

9:00AM	Opening mindfulness
9:15AM	Emotional Regulation
10:30AM	Break
10:45AM	Tips for individual skills training
12:00PM	Lunch
1:00PM	Distress Tolerance
2:30PM	Break
2:45PM	Supplemental skills
3:45PM	Homework review
4:15PM	Q & A and closing mindfulness
4:30PM	Adjourn

**Contact Hours**

6.0 - 12.0 hours

**Trainer**

Becca is currently a psychotherapist with the Triangle Area Psychology (TAP) Clinic, where she provides individual, family and group therapy for adolescents and adults. She has extensive training and is a certified Dialectical Behavior Therapy (DBT) clinician through the Linehan Board. Prior to joining TAP, Becca worked in community mental health for 10 years providing direct care, as well as clinician training and program development. Becca has expertise in provided evidenced-based trauma treatment through Prolonged Exposure (PE) and Cognitive Processing Therapy (CPT). She has additional certification in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). Additionally, Becca provides support parenting support through TAP's Behavioral Parent Training program. Becca is currently a training consultant with UNC-CH School of Social Work's AHEC Training Partnership. She has also been a field instructor with the School for eight years.