

Advanced Application of DBT Skills

Program Description

Dialectical Behavioral Therapy (DBT) was originally developed to treat non-suicidal self-injury and borderline personality disorder. However, research shows that DBT has also been successful in treating both adults and adolescents who are experiencing depression, bulimia, binge-eating, bipolar disorder, post-traumatic-stress disorder, and substance abuse. In this program, participants will learn to effectively teach and strengthen their clinical application of DBT skills. They will be taught how to set up and run skills training groups, conduct homework review and how to use behavioral strategies to enhance client participation. The use of behavioral rehearsal and role plays in skills training will also be reviewed. This course will focus on the process of skills training and will not cover in-depth content of the skills themselves.

Learning Objectives

Upon completion of this workshop, participants should be able to:

1. Explain how DBT skills training can decrease target behaviors;
2. Identify the four DBT skills modules;
3. Describe strategies and procedures required for effective teaching of DBT skills.

Target Audience

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

Contact Hours

3.0 – 6.0 contact hours

Program Agenda – 3.0 hours

8 AM to 8:30 AM	Phases of skill development
8:30 AM to 9AM	Orientating to new skills
9 AM to 9:30 AM	Use of metaphors and situational examples
9:30 AM to 9:45 AM	BREAK
9:45 AM to 10:30 AM	Behavioral rehearsal and roleplays
10:30 AM to 11:15 AM	Adaptations for specific populations

Program Agenda – 5.0 hours

9:00	Introductions
	Phases of skill development
10:15	BREAK
10:30	Orienting and committing Strategies
	Use of metaphors and situational examples
12:00	LUNCH
1:00	Use of metaphors and situational examples- CONT
	Behavioral rehearsal and roleplays
2:00	BREAK

- 2:15 Groups and adaptations for specific populations
- 3:15 Questions and Wrap up
- 3:30 ADJOURNMENT

Program Agenda – 6.0 hours

- 9:00 Introductions
 - Phases of skill development
- 10:30 BREAK
- 10:45 Orienting and committing Strategies
 - Use of metaphors and situational examples
- 12:15 LUNCH
- 1:15 Use of metaphors and situational examples- CONT
 - Behavioral rehearsal and roleplays
- 2:45 BREAK
- 3:00 Groups and adaptations for specific populations
- 4:15 Questions and Wrap up
- 4:30 ADJOURNMENT

Faculty

Becca E. Edwards-Powell, MSW, LCSW is currently a psychotherapist with Triangle Area Psychology Clinic in Durham, where she treats adults and adolescents with severe emotional dysregulation, personality disorders, PTSD, depression, anxiety, and other mental health concerns. Previously, she was the Director of Staff Development at Carolina Outreach, LLC., where she trained and supervised clinical staff, and provided case consultation and clinical quality management. Her background includes working with adult and child survivors of trauma in both group and individual therapy. Additionally, she has extensive training and experience in Dialectical Behavioral Therapy (DBT) to assist individuals with severe emotional dysregulation and impulsive behaviors. She is nationally certified in Trauma-Focused Cognitive Behavioral Therapy and Dialectical Behavioral Therapy (DBT) through the Linehan Board of Certification. 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.