



Mastering DBT: Advanced Strategies & Techniques

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Even if you have attended other DBT trainings, this training will increase your competency and clinical sophistication with DBT when working with adults, youth and families. These seminars apply the theory and structure of DBT to the treatment process of working with a variety of clinical presentations.

While Dialectical Behavior Therapy has been designed and validated by research for Borderline Personality disorder, it can be adapted to a variety of clinical populations, treatment formats and settings. There is anecdotal evidence and emerging research that supports the effectiveness of DBT with teenagers, families, substance use problems and other Axis 1 diagnoses such as mood disorders, anxiety and trauma.

Develop strategies for implementing and sustaining DBT. This model is complex and requires a high level of clinical sophistication. This seminar focuses on increasing your clinical competency and explores challenges that present themselves as you work with challenging, high need, multiple problem clients.

These seminars are jam-packed experiences. There is a lot to learn here as well as an opportunity to have fun while integrating an evidence-based practice into your clinical work. The format of the seminars appeals to all three adult learning styles and makes use of multimedia. There are a number of interactive activities to facilitate your retention of the materials.

Mastering DBT Learning Objectives:

1. Creating an effective, customized DBT clinical process
2. Teaching the Meta-Skills
3. Exploring classic and innovative skills while creating your own
4. Applying DBT to a variety clinical presentations
5. Adapting DBT to diverse populations
6. Teaching skills through worksheets, activities and games
7. Reviewing additional tools including diary cards
8. Learning and practicing how to complete chain analysis

Course Assignments:

Participation, attendance and readings (50 points):

This will be largest part of your grade. It is expected that you will actively participate in every class. This class has an experiential structure. For all of us to get the most out of the class it is necessary that we practice the knowledge and skills we are learning. We will be participating in role plays and discussions about treatment issues. Attendance and completing the readings is also an integral component of the class discussion. Therefore it will be expected that you will attend every class along with being prepared to discuss the readings for that week. Missing more than one class will result in a lower grade.

Complete Clinical Vignettes (25 points)

Each student will make receive a clinical vignette. These vignettes will ask students to integrate their knowledge and skills of DBT. Vignettes will be passed out during the last class and due back in two weeks.

Teach a DBT Skill (100 points)

In small groups, you will be expected to select a DBT skill. Your group will teach this skill to the class in a 15-20 minute presentation. Use Linehan's *Skills Manual* and other resources as your guide. Be creative and have fun with your presentation. Design your psycho-education to appeal to all three learning styles. Teaching a skill can happen from 3rd & 4th classes.

Grading:

Participation, attendance & readings	50 points
Clinical Vignettes	25 point
Teach A DBT skill	25 points

100-95 points	=	Grade of A	Exemplary
94-90 points	=	Grade of A-	Excellent
89-85 points	=	Grade of B+	Very Good
84-75 points	=	Grade of B	Generally Good
74-70 points	=	Grade B-	Acceptable
69-0 points	=	Grade F	Fail

Required Texts:

Linehan, M.M. (1993). *Skills training manual for treating borderline personality disorder*. New York: Guildford ISBN: 0898620341

Reading Assignments:

Class 2:

- o Skills Manual: Chapters 1-3

Class 3:

- o Skills Manual: Chapters 4-6

Class 4:

- o Skills Manual: Chapters 7-10

Module I

- ⊙ Overview of DBT
- ⊙ Anti-DBT Tactics
- ⊙ Therapy Interfering Handouts
- ⊙ Skills Categories & Handout
- ⊙ Meta-Skills Handouts

Module II

- ⊙ Bonanza Dice Game
- ⊙ Classic & Innovative Skills
- ⊙ The Skills Crosswalk
- ⊙ Engaging & Retaining Clients
- ⊙ Identifying Stage of Change & Applying Skills

Module III

- ⊙ Strategies for Engagement & Retention
- ⊙ Incentives & Reinforcers (Calendar, Award Certificates, Note Cards, Crossword Puzzles, etc)
- ⊙ ADDRESSING Diversity
- ⊙ Clinical Presentations
- ⊙ Applying DBT Practice Opportunity

Module IV

- ⊙ DBT Playing Cards
- ⊙ Additional DBT Tools
- ⊙ Diary Card Examples
- ⊙ Simple Chain Analysis Examples & Practice Opportunity
- ⊙ In-depth Chain Analysis Examples & Practice Opportunity
- ⊙ DBT Jeopardy
- ⊙ Formats & Settings

Take Home Resources

- ⊙ Take Home Resources
 - ⌘ Bipolar Clinical Presentation & In-depth Chain Analysis
 - ⌘ Anxious Clinical Presentation & In-depth Chain Analysis
 - ⌘ Blank Clinical Presentation & In-depth Chain Analysis
 - ⌘ Four Month Curriculum
 - ⌘ Recommendations for Skills Training
 - ⌘ Options for Utilizing DBT
 - ⌘ Suggestions & Commitments to Implement DBT
 - ⌘ Resources & References