

# DBT: Overview of the Essentials

## Syllabus

### Course Overview

This training covers the fundamentals of Dialectical Behavior Therapy (DBT) skills: Core Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness. Participants learn how to plan, structure, and conduct DBT skills classes. This training utilizes an interactive format to explore dialectical challenges for the provider in working with highly dysregulated clients. The training will also explore the process of selecting training targets and DBT strategies. Completion of this training is pre-requisite to joining the DBT Skills Facilitators Preparation Training series.

### Course Goal

The goal of this training is to provide an introduction and overview of the concepts of DBT in order to encourage the utilization of the Dialectical Behavior Therapy model and support the implementation of DBT Skills Groups in a variety of settings. Emphasis will be placed on practical applications of the DBT Skills Component across multiple age groups.

### Course Learning Objectives

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

- Identify and describe the four sets of behavioral skills—Mindfulness, Distress Tolerance, Emotion Regulation, Interpersonal Effectiveness
- Explore the three primary dialectical dilemmas for providers of DBT
- Articulate the essential elements of a DBT skills class.

### Course Content

- What is DBT?
  - Working with Complex Trauma-based Disorders
  - Meaning of “Dialectical”
- Components of DBT
- DBT Skills Training
  - Planning, Structuring, and Conducting DBT Classes
- DBT Consultation Team
- Targets and Goals in DBT
- DBT Stages of Treatment