

DBT Skills Facilitator Preparation and Consultation Group Schedule

Each Didactic meeting will be 1.5 hours, and DBT facilitators will need to attend one of two meetings per week on Mondays from 10:30am to 12:00pm or Thursdays from 1:00pm-2:30pm. If at all possible please choose the Monday or Thursday meeting to attend regularly. Participants are expected to complete weekly reading assignments prior to the meeting so that we can discuss the material.

Each Consultation meeting will be 1 hour, Monday 10:30a-11:30a or Thursday 1p-2p.

Week	Mon.	Thurs.	Topics	DBT Skills Training Manual Weekly Reading Assignment	Activity
Didactic	3/20 Rotunda	3/23 OAT Lounge	Rationale for Dialectical Behavior Therapy Skills Training <ul style="list-style-type: none"> • Dialectics • DBT Model of Emotions • Standard DBT Program • Skills-Only Program 	Chapter 1	Overview of DBT Skills Training
Consult	3/27 Rotunda	3/30 West Wing	Consultation & Troubleshooting	N/A	As Needed
Didactic	4/3 Rotunda	4/6 Rotunda	Planning to Conduct DBT Skills Training <ul style="list-style-type: none"> • Necessary Characteristics of Skills Trainers • Selecting Skills Modules and Specific Skills to Teach • Planning a Curriculum • Individual vs Group Skills Training • Open vs Closed Groups 	Chapter 2	Clarifying Providers' Roles
Consult	4/10 Rotunda	4/13 West Wing	Consultation & Troubleshooting	N/A	As Needed
Didactic	4/17 Rotunda	4/20 Rotunda	Structuring Skills Training Sessions <ul style="list-style-type: none"> • Pretreatment Sessions • Format and Organization of Ongoing Skills Training Sessions • Observing Limits 	Chapter 3	Orienting Clients Session-Beginning Ritual
Consult	4/24 Rotunda	4/27 Rotunda	Consultation & Troubleshooting	N/A	As Needed
Didactic	5/1 Rotunda	5/4 West Wing	Skills Training Treatment Targets and Procedures <ul style="list-style-type: none"> • Behavioral Targets • Stopping Problematic Behaviors 	Chapter 4	Managing Review of Skills Practice Homework

			<ul style="list-style-type: none"> • Skill Acquisition • Skill Generalization 		
Consult	5/8 Rotunda	5/11 Rotunda	Consultation & Troubleshooting	N/A	As Needed
	5/15	5/18	PRA Training Week No Meetings		
Didactic	5/22 Rotunda	5/25 Rotunda	Application of Fundamental DBT Strategies in Behavioral Skills Training <ul style="list-style-type: none"> • Dialectical Strategies • Typical Dialectical Tensions • Core Strategies: Validation and Problem Solving • Stylistic Strategies • Case-Management Strategies • Integrative Strategies 	Chapter 5	A “How To” Guide for Validation
	5/29	6/1	Holiday Week: Memorial Day No Meetings		
Consult	6/5 Rotunda	6/8 Rotunda	Consultation & Troubleshooting	N/A	As Needed
Didactic	6/12 Rotunda	6/15 Rotunda	General Skills <ul style="list-style-type: none"> • Orientation • Diary Cards • Chain Analysis 	Chapter 6 Pages 125 – 150 Sections I-III of Chapter 7 Pages 151- 175	General Handout 1 & 1A General Handout 3 General Handout 4
Consult	6/19 Rotunda Lower Level	6/22 Rotunda	Consultation & Troubleshooting	N/A	As Needed
Didactic	6/26 Rotunda	6/29 Rotunda	Mindfulness Skills <ul style="list-style-type: none"> • Wise Mind • What Skills • How Skills • Managing Yourself Mindfully 	Chapter 7 Sections IV – VI Pages 176 – 199	Mindfulness Handouts 1-4
	7/3	7/6	Holiday Week: Independence Day No Meetings		
Consult	7/10 Rotunda	7/13 Rotunda	Consultation & Troubleshooting	N/A	As Needed
Didactic	7/17 Rotunda	7/20 Rotunda	Mindfulness Skills <ul style="list-style-type: none"> • Loving Kindness • Balancing Doing and Being • Middle Path 	Chapter 7 Sections VII – X Pages 199 – 213 Sections XIV – XVI Pages 219 – 227	Mindfulness Handouts 5, 8-9

Consult	7/24 Rotunda	7/27 Rotunda	Consultation & Troubleshooting	N/A	As Needed
Didactic	7/31 Rotunda	8/3 Rotunda	Distress Tolerance Skills <ul style="list-style-type: none"> Crisis Survival Skills 	Chapter 10 Sections 1 – V Pages 416 – 430 Section IX Pages 445 - 450	Distress Tolerance Skills Handouts 1-5, 9
Consult	8/7 West Wing	8/10 Rotunda	Consultation & Troubleshooting	N/A	As Needed
Didactic	8/14 Rotunda	8/17 Rotunda	Distress Tolerance Skills <ul style="list-style-type: none"> Reality Acceptance Skills 	Chapter 10 Sections X - XV Pages 450 – 476	Distress Tolerance Skills Handouts 10-15
Consult	8/21 Rotunda	8/24 Rotunda	Consultation & Troubleshooting	N/A	As Needed
Didactic	8/28 Rotunda	8/31 Rotunda	Emotion Regulation Skills <ul style="list-style-type: none"> Understanding & Naming Emotions Changing Unwanted Emotions 	Chapter 9 Sections I – IV Pages 318 – 334 Sections VI -VIII Pages 345 – 359	Emotion Regulation Skills Handouts 1-4, 7-8
	9/4	9/7	Holiday Week: Labor Day No Meetings		
Consult	9/11 Rotunda	9/14 Rotunda	Consultation & Troubleshooting	N/A	As Needed
Didactic	9/18 Rotunda	9/21 Rotunda	Emotion Regulation Skills <ul style="list-style-type: none"> Reducing Vulnerability to Emotion Mind Managing Extreme Emotion 	Chapter 9 Sections XIII – XVI Pages 381 – 396 Sections XXI – XXIV Pages 403 – 410	Emotion Regulation Skills Handouts 14-19, 23
Consult	9/25 Rotunda	9/28 Rotunda	Consultation & Troubleshooting	N/A	As Needed
Didactic	10/2 Rotunda	10/5 Rotunda	Interpersonal Effectiveness Skills <ul style="list-style-type: none"> Obtaining Objectives while Maintaining Relationships and Self-Respect 	Chapter 8 Sections I – V Pages 231 – 255	Interpersonal Effectiveness Skills Handouts 1-5
Consult	10/9 Rotunda	10/12 Rotunda	Consultation & Troubleshooting	N/A	As Needed
Didactic	10/16 West	10/19 Rotunda	Interpersonal Effectiveness Skills <ul style="list-style-type: none"> Skills for Building Relationships and Ending 	Chapter 8 Sections VI – VII	Interpersonal Effectiveness Skills Handouts

	Wing		Destructive Ones	Pages 255 – 263 Sections X – XI Pages 270 – 276 Section XIII Pages 280 – 285	6-7, 10-11, 13
Consult	10/23 West Wing	10/26 Rotunda	Consultation & Troubleshooting	N/A	As Needed