

DBT Skills Facilitators Preparation Training

Syllabus

Course Overview

The purpose of the DBT Skills Facilitators Preparation Training series is to prepare DBT facilitators for implementation of DBT skills groups in their respective programs and provide ongoing support, feedback, and monitoring to the adherence of the DBT model. Dialectical Behavior Therapy (DBT) is a cognitive behavioral treatment that was originally developed to treat chronically suicidal individuals diagnosed with borderline personality disorder (BPD) and it is now recognized as the gold standard psychological treatment for this population. In addition, research has shown that it is effective in treating a wide range of other disorders such as substance dependence, depression, post-traumatic stress disorder (PTSD), and eating disorders. This course will focus on the practical application of DBT Skill Group Facilitation within the wider system of care.

Pre-Requisite

Completion of **Skills Training in Dialectical Behavior Therapy (DBT): The Essentials**, co-sponsored by Sonoma County Behavioral Health Division and The Linehan Institute: Behavioral Tech, is required prior to the commencement of this course.

Required Materials (provided in pre-requisite course)

DBT Skills Training Manual: Second Edition; Author: Marsha M. Linehan, PhD, ABPP,
ISBN: 978-1-4625-1699-5

DBT Skills Training Handouts and Worksheets: Second Edition; Author: Marsha M. Linehan, PhD, ABPP
ISBN: 978-1-57230-781-0

Course Goal

The goal of this training series is to enhance and augment the clinical competence of the participants in using the Dialectical Behavioral Therapy model and support the implementation of DBT Skills Groups within the participants programs of practice. Emphasis will be placed on experiential learning, specifically practice sessions for skills group facilitation and consultation collaboration to overcome barriers to implementation.

Course Learning Objectives

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

- Teach the four sets of behavioral skills—Mindfulness, Distress Tolerance, Emotion Regulation, Interpersonal Effectiveness.
- Implement DBT Skills Groups within their programs of service.
- Identify and address three therapy-interfering behaviors within the DBT Skills Groups they facilitate.
- Establish clinical consultation networks to share resources regarding successful interventions and difficult interactions.

Course schedule

The course will be delivered in two phases, with a break in-between to allow for physical implementation of the DBT Skills Groups within individual programs.

Phase I

Focus on foundational skills preparatory to DBT Skills Group implementation:

- Planning & Structuring DBT Skills Groups
- Training Targets
- Procedures & Application of Fundamental Skills
- General Skills
- Mindfulness Demonstration
- Chain Analysis

Phase II

After DBT Skills Group implementation, focus on the four sets of behavioral skills:

- Mindfulness
- Distress Tolerance
- Emotional Regulation
- Interpersonal Effectiveness

Meeting Schedule

Each meeting will be 1.5 hours, and DBT facilitators will need to attend one of two meetings per week on Mondays from 10:30am – 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.

Week	Mon.	Thurs.	Topics	DBT Skills Training Manual Weekly Reading Assignment	Activity
1	8/15 West Wing	8/18 Rotunda	<ul style="list-style-type: none">• Overview of DBT Skills Facilitator Preparation• Planning and Structuring DBT Skills Groups• Sign up for Activity Demonstrations• Mindfulness Demonstration• Homework	Chapters 2 and 3 Pages 25 – 60 and Part 1 Appendices Pages 107 - 122 Optional reading- Chapter 1	
2	8/22 Rotunda	8/25 West Wing	<ul style="list-style-type: none">• Training Targets,• Procedures and Application of Fundamental Skills	Chapters 4 and 5 Pages 61-106	

3	8/29 Rotunda	9/1 West Wing	<ul style="list-style-type: none"> General Skills 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
			NO meetings between Phases		
4	11/7 Rotunda	11/10 Rotunda	<ul style="list-style-type: none"> Review General Skills Examine Dialectical Dilemmas for Therapist 		
5	11/14 West Wing	11/17 West Wing	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
	11/21	11/24	Holiday Week No Meetings		
6	11/28 Rotunda	12/1 West Wing	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
7	12/5 Rotunda	12/8 West Wing	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
8	12/12 Rotunda	12/15 West Wing	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
9	12/19 Rotunda	12/22 West Wing	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
	12/26	12/29	Holiday Week No Meetings		
	1/2/2017	1/5/2017	Holiday Week No Meetings		

10	1/9 Rotunda	1/12 West Wing	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
11	1/16 Rotunda	1/19 West Wing	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
12	1/23 Rotunda	1/26 West Wing	Interpersonal Effectiveness Skills <ul style="list-style-type: none"> • Skills for Building Relationships and Ending Destructive Ones Set up future consultation group and consultations with BTECH	Chapter 8 Sections VI – VII Pages 255 – 263 Sections X – XI Pages 270 – 276 Section XIII Pages 280 – 285	Interpersonal Effectiveness Skills Handouts 6-7, 10-11, 13