

# The DBT Masterclass

After attending the DBT Masterclass delegates are expected to substantially develop both their knowledge of DBT and their skills.

A 4-day course for 6-15 people.

## Executive Summary:

The major teaching techniques on this course are case presentation and discussion, video-presentations, and reflective exercises, so delegates are expected to substantially develop both their knowledge and their skills during the four days.

Delegates have the opportunity to do several things:

- Enjoy discussion and assimilation of the application of DBT to the delegates' specific workplace. Opportunities to discuss (a) problems, and (b) circumstances where DBT has been especially effective are created.
- Deliver case presentations and discuss those presented by the tutor and other delegates.
- To study relevant video material demonstrating DBT in practise.
- To learn about and practice relatively more advanced DBT approaches such as irreverence and dialectical strategies.
- Insofar as they enter into case discussions and case presentations, to examine the application of DBT to specific presentations in addition to personality disorder, e.g. PTSD, eating disorders, suicidality, addictions etc.

Note: To attend this course you must have or be eligible for APT's DBT Accreditation, Level 3 and, because of the case material likely to be discussed, also have a professional qualification which insists upon patient confidentiality.

## What this course will do for you:

- Enjoy You will review your DBT practice so far and plan future work and developments.
- You will consider challenges towards implementing a successful DBT service within your place of work.
- You will review strategies that are working well and look to build a template of success.
- You will discuss complex cases and problem solve with an experienced DBT clinician.
- You will prepare and present your own case presentation, choosing issues you would like to consider.
- You will build your own feelings of self-efficacy and confidence using the DBT model.

- You may consider how to apply DBT to help clients with specific difficulties in your areas of work (such as with people with PTSD, eating disorders, substance misuse).
- You will add to your repertoire of DBT skills and practice new and familiar techniques in a supportive learning environment.
- You will take part in a DBT consult group and look at the roles required within these.
- You will participate in group supervision to consider the structure of DBT services within your organisation as well as clinical aspects.
- You will review your own practice and ensure you are sticking to the 'DBT model' as far as you are aiming to do.
- You will have the chance to discuss best practice and innovative methods of using DBT within the confines of the resources you have available.
- You will gain APT's DBT level 4 accreditation (assuming you have the level 3 accreditation and 6 months' experience working with DBT necessary to attend this masterclass).
- You will become eligible to work to submit a project for level 5 accreditation if it meets the requirements.

### Delegates' Feedback

Average presentation rating: **97%**



Average relevance rating: **97%**



### Written Feedback:

"Easily one of the most stimulating and engaging courses I have done in years."

To discuss or place an order call **0116 241 8331** or email [office@apt.ac](mailto:office@apt.ac)

Over 100,000 professionals have benefitted from attending APT courses; APT tutors are a resource of academic and clinical expertise probably unequalled in the UK.

The Association for Psychological Therapies (APT), The Dower House, Thurnby, Leicestershire, LE7 9PH | Tel: 0116 241 8331 | Email: [office@apt.ac](mailto:office@apt.ac) | Web: [www.apt.ac](http://www.apt.ac)