

DBT Essentials (Dialectical Behaviour Therapy)

Instruction in the Key Components of DBT for those who want to add them to their repertoire without necessarily becoming a 'DBT Therapist', and for those thinking of taking the first step in becoming a specialised DBT therapist.

A 3-day course for 6-15 people.

Executive Summary:

Put at its simplest, DBT hinges on teaching important life and psychological skills to those who need them, and then supporting them in applying those skills in real life. Both elements can sometimes be challenging and DBT has developed to overcome those challenges.

DBT Essentials covers the delivery of effective DBT at its most relevant, including: impulsivity, lack of emotional control, interpersonal problems, high risk behaviours, including suicidal behaviour and non-suicidal self-injury.

Who should attend:

People who attend our DBT training normally fall into one of two categories:

1. Professionals who see patients in 1:1 treatment settings, have a significant degree of clinical skill, and wish to add DBT techniques to their repertoire.
2. 'Whole teams' (either in inpatient or community settings) seeking to develop a common approach to DBT and a full DBT Service.

The professional affiliations of people attending our DBT training include: mental health/psychiatric nurses, social workers, occupational therapists, clinical psychologists, psychiatrists, and others.

This course covers a great deal:

OVERARCHING THEORY AND KNOWLEDGE.

The 4 'modes' (key components) of DBT.

- Skills development groups, where patients learn important life skills.
- 1:1 sessions where patients meet with their individual therapist to problem solve, maintain motivation, and more.
- Telephone support, where therapist and patient have telephone communication to help them apply the new skills they learn even in crisis situations.
- Consultation Meetings. Where all the professionals involved in providing DBT get together to discuss any

current issues, to support each other and ensure quality control.

- What to do if you are providing DBT single handed and cannot provide all the components as listed above.

Linehan's Biosocial model.

- What it is.
- Why it is important.
- How we operationalise it in therapy.

Higher order skills of DBT.

- How to order competing priorities: deciding which of several problems to tackle first.
- Life-threatening behaviours, therapy-threatening behaviours, and behaviours that interfere with the quality of life.
- The patient-therapist agreement - our role in it.
- Assumptions we can make about the patient - and those we can't.

THERAPIST KNOWLEDGE & SKILLS MAINLY USED IN 1:1 SESSIONS:

Validation.

- Definition of validation, and why it is important.
- How validation links to Linehan's Biosocial model.
- The implication of invalidating environments for a child, and later for the adult.
- Different ways of validating.

Metaphors.

- How metaphors work and why we should use them.
- 6 Examples of metaphors.
- 4 Metaphors you can use repeatedly, for common problem situations.
- General principles of metaphors, including visual metaphors.

Continued overleaf.

To discuss or place an order call **0116 241 8331** or email **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.

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Relentless problem solving.

- Problem solving attitude and problem solving strategy, the usefulness of both.
- The five stage problem solving strategy.
- Forms for clients (and you) to use with problem solving.
- Problem solving exercise.

Contingency management.

- Differential reinforcement in a clinical setting.
- The nature of contingency management and how it interacts with the conscious or unconscious motivations of the client.
- Behavioural analysis, especially as a response to severe behaviour such as parasuicidal behaviour.
- Chain analysis and solution analysis.

AN EXTENDED OVERVIEW OF THE SKILLS TAUGHT TO CLIENTS IN GROUPS

Emotion-regulation.

- The skills necessary to effectively regulate your emotions.
- Biological elements such as: sleep, exercise, illnesses, circadian rhythm.
- Specific multi-point strategies and the acronyms to remember them.

Interpersonal effectiveness.

- Frequent interpersonal issues, and strategies to respond to them.
- Avoiding quarrels and maintaining relationships.
- Appropriate assertiveness and strategies for expressing it.

Core Mindfulness skills.

- A definition and description of mindfulness and the best purposes it can fulfil.
- Mindfulness and its role in balancing 'the emotional mind' with 'the reasonable mind' to achieve 'the wise mind'.
- The skills of mindfulness.

Distress tolerance.

- 'Distraction behaviours' that may be used to counteract and neutralise distress.
- 'Beyond distraction': steering the thought processes.
- 'Radical' distress tolerance: doing nothing. How to do nothing: the fact of this turning out to be an effective approach for many people, and the theory behind it.

Walking the Middle Path.

- What this means, why it is important.
- An overview of some of the exercises involved.

What this course will do for you:

- You will have the feeling of knowing what DBT is all about, understanding it, and how it applies to helping people.
- Given that this is a post-qualification course so you already have the standard clinical skills, you will know enough about DBT from this course to start applying it in your practice.
- You will be able to work to develop your own skill in DBT and towards establishing a full DBT service if you wish, working with suitable colleagues.
- You will be able to create validating environments - environments that make people feel good.
- You will be able to quickly have people 'see things differently'.
- You will be able to (help people to) solve problems.
- You will be able to respond to people who have just done severe behaviours in a way which is caring yet does not reinforce the severe behaviour.
- You will be able to (help people to) bring some sense of order and predictability to their emotions.
- You will have the chance to begin practising mindfulness.
- You will be able to (help others to) tolerate distress much better. Not to allow distress to get into a 'vicious spiral'.
- You will be able to order competing priorities amongst several 'top priorities'.

Delegates' Feedback

Average presentation rating: 99%



Average relevance rating: 98%



Written Feedback:

"I rarely get anything out of the training that I attend. I can honestly say this course has been an epiphany. I think this is essential training for anybody working in a mental health setting."

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