

Running DBT Skills-Development Groups

Running skills development groups is an important part of becoming proficient in DBT, and this course provides the coaching and practice to develop such skills.

A 3-day course for 6-15 people.

Executive Summary:

This course lasts 3 days and is all about teaching delegates how to run skills development groups. These are an important part of becoming proficient in DBT, the rationale being that patients need not only to be motivated, gain insights and knowledge etc, but usually also need to acquire skills in.

- Mindfulness
- Interpersonal Effectiveness
- Emotion Regulation
- Distress tolerance.

This course is therefore all about coaching and practice. Every delegate will be expected to run such a group at least once (possibly jointly with another delegate), and will receive constructive feedback on their performance, and time to re-practice. The aim is to return every delegate to their workplace proficient in running DBT Skills Training Groups.

Delegates' Feedback

Average presentation rating: **96%**



Average relevance rating: **94%**



Written Feedback from APT's DBT courses:

"From knowing nothing about DBT I now feel that I hold the skills necessary to incorporate DBT into my practice."

Angela Evans, Charge Nurse

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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