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# The DBT Masterclass

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

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A 4-day course for 6-15 people.

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## 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 examine the application of DBT skills to specific presentation, e.g:
  - Personality Disorder
  - Depression
  - Anxiety Stress and Worry
  - Anger and Irritability
  - Substance Misuse
  - Coerced clients including sex offenders
  - Self Harm
  - Suicidality.

Note: To attend this course you must have or be eligible for APT's DBT Accreditation, Level 2 and, because of the case material likely to be discussed, also have a professional qualification which insists upon patient confidentiality.

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.

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)