

# Implementation of Dialectical Behavior Therapy (DBT) Training Series



Dialectical Behavior Therapy (DBT) is a recommended treatment in many of the treatment programs available in the Behavioral Health System. DBT is a type of cognitive behavioral therapy that combines strategies like mindfulness, acceptance, and emotion regulation. In this training series, participants will receive an in-depth learning experience designed to increase their DBT knowledge and skills, practice DBT skills in the training and their workplace, and further develop and tailor their skills through consultation for participants to implement DBT. Participants will present and discuss challenges and successes in providing DBT.

**Prerequisite: Introduction to DBT eLearning (BHE0034) to be completed by Tuesday, July 5, 2022**

## Learning Objectives

- Accurately assess if DBT is an indicated intervention
- Accurately identify the standard modes of treatment in DBT
- Identify the benefits of using DBT with individuals receiving service
- Conceptualize a case from a DBT framework
- Integrate DBT techniques with current practice
- Demonstrate application of implementation of DBT tools and principles

## Registration Information

If you already have an account, you may search for the course by name or course code. If you do not have an account in the LMS you will need to open one by [clicking here](#). Email [RIHS@sdsu.edu](mailto:RIHS@sdsu.edu) if you have any questions. This training is FREE of charge to BHS County employees and contractors.

**Please see page 3 for outline.**



## VIRTUAL EVENT

### Date and Time:

**July 6, 2022 from 9:00 a.m. - 3:00 p.m.**

**July 20, 2022 from 9:00 a.m. - 3:00 p.m.**

**August 3, 2022 from 10:00 a.m. - 3:00 p.m.**

**August 17, 2022 from 9:00 a.m. - 10:00 a.m.**

This course will be conducted remotely through [Zoom](#). A link will be sent to participants a week before training.



## REGISTRATION

[Click here](#) to log into the Learning Management System (LMS) and Register.

Course Code: BH0079



## AUDIENCE

People who are working with children, youth and families and will use DBT skills in their work. This training is open to all BHS-CYF county and contracted staff

## THE TRAINER

Steven R. Thorp, Ph.D., ABPP is a psychologist that has provided extensive training nationwide to clinicians on CBT, DBT and PE

[Learn more about Dr. Thorp.](#)

## Training Dates and Descriptions

**Skills Day 1: Wednesday, July 6, 2022 from 9:00am- 3:00pm**

**Skills Day 2: Wednesday, July 20, 2022 from 9:00am - 3:00pm**

**Case Conference: Wednesday, August 3, 2022 from 10:00am - 3:00pm**

**Group Consultation: Wednesday, August 17, 2022 from 9:00am - 10:00am**

## Descriptions:

Skill Days 1 and 2 of this training series will provide practical training involving didactics and core DBT intervention techniques and their application to common problems. "Third Wave" Therapies that integrate acceptance, validation, and mindfulness with change-based strategies will be discussed, along with video demonstrations of skills training and case examples.

The Case Conference will allow participants an opportunity to present their concise DBT case conceptualization and receive feedback. Participants will present and discuss challenges and successes in providing DBT. Discussions will lead to deepening the skill in providing DBT and support for recurring or persistent issues.

The Group Consultation will address any remaining challenges with implementing DBT in specific settings or with particular clinical populations.

**Note:** Participants will receive 15 CEs upon completion of ALL training activities. No partial CEs will be given. Please arrange accordingly with your supervisor before enrolling in the training series.

Thank you for your continued understanding about our need to put the safety of our staff, facilitators, and customers first. Please follow us on social media for important updates from the Academy. Visit our website to find a comprehensive list of resources related to COVID-19 that are relevant to the Health and Human Services community. We hope these resources can offer support to you and your teams during the COVID-19 pandemic.

## ADA

Please submit all requests for accommodations two weeks prior to the start of the training. The Academy for Professional Excellence is committed to creating an inclusive and welcoming environment that appreciates and builds on diversity. In accordance with the Americans with Disabilities Act (ADA) of 1990, and California Administrative Code Title 24, The Academy for Professional Excellence prohibits discrimination on the basis of a disability in employment, public services, transportation, public accommodations, and telecommunication services.

## Continuing Education

This course meets the qualifications for 15 hours of continuing education credit for LMFTs, LCSWs, LPCCs and/or LEPs as required by the California Board of Behavioral Sciences. The Academy for Professional Excellence is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy for Professional Excellence is approved by the California Board of Registered Nursing, Provider # BRN CEP10014; CCAPP-EI, Provider # 1S-98-398-0822, and CAADE Provider # CP40 906 CH 0323 for 15 contact hours/CEHs. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists. The Academy for Professional Excellence maintains responsibility for this program and its content. CE certificates will be available for download 5 business days after course completion. Click here for information on how to [obtain CE Certificates](#). Click here for the [CE Grievance Procedure](#).



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Steven R. Thorp, Ph.D., ABPP

## Educational Goal:

*To improve the application of Dialectical Behavior Therapy (DBT) in the delivery of behavioral health services.*

## Learning Objectives:

*Upon completion of this training, participants will be able to:*

- 1. Accurately assess if DBT is an indicated intervention*
- 2. Accurately identify the standard modes of treatment in DBT*
- 3. Identify the benefits of using DBT with individuals receiving service*
- 4. Conceptualize a case from a DBT framework*
- 5. Integrate DBT techniques with current practice*
- 6. Demonstrate application of implementation of DBT tools and principles*

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## Time

## Activity

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### **Skills Day 1: Wednesday, July 6, 2022 from 9:00am - 3:00pm**

8:50am – 9:00am	Enter Zoom waiting room; video and mic check*
9:00am – 9:55am	Speaker Background; Shorthand; Getting Started; The Case Conference (preview); DBT and Third-Wave Cognitive-Behavioral Therapies; Origins of DBT; Goals of DBT
9:55am – 10:00am	<b>Break</b>
10:00am – 10:55am	The Biosocial Model; Emotion Dysregulation; Evidence for DBT; What are Dialectics? Assumptions About Participants; Assumptions About Providers What Does DBT Look Like (the Standard Modes of DBT)?
10:55am – 11:00am	<b>Break</b>
11:00am – 12:00pm	Video: This One Moment: Skills for Everyday Mindfulness; Discussion
12:00pm – 1:00pm	<b>Lunch</b>
1:00pm – 1:55pm	Pretreatment Targets; Assessment in DBT; Individual Therapy and Priorities; Skills Training; The Four Skills Modules; Mindfulness, Interpersonal Effectiveness, Emotion Regulation, Distress Tolerance
1:55pm – 2:00pm	<b>Break</b>

- 2:00pm – 2:55pm Video: Opposite Action: Changing Emotions You Want to Change. Discussion. Between-Session Feedback and Coaching Guidelines; Therapist Consultation; Case Conceptualization
- 2:55pm – 3:00pm Questions and wrap up

***Skills Day 2: Wednesday, July 20, 2022 from 9:00am - 3:00pm***

- 8:55am – 9:00am Enter Zoom waiting room; video and mic check\*
- 9:00am – 9:55am Video: From Suffering to Freedom: Practicing Reality Acceptance; Discussion
- 9:55am – 10:00am Break**
- 10:00am – 10:55am Treatment Strategies: Dialectical Strategies; Acceptance Strategies and Validation; Change Strategies and Problem Solving; Case Management Strategies
- 10:55am – 11:00am Break**
- 11:00am – 12:00pm Video: Crisis Survival Skills: Part One: Distracting and Self-Soothing; Discussion
- 12:00pm – 1:00pm Lunch (Practice Mindful Eating)**
- 1:00pm – 1:55pm Case Examples and Polls; Cultural Issues; DBT Training and Certification; Resources
- 1:55pm – 2:00pm Break**
- 2:00pm – 2:55pm Video: Crisis Survival Skills: Part Two: Improving the Moment and Pros and Cons; Discussion
- 2:55pm – 3:00pm Questions and wrap up

***Case Conference: Wednesday, August 3, 2022 from 10:00am - 3:00pm***

- 9:55am – 10:00am Enter Zoom waiting room; video and mic check\*
- 10:00am – 10:55am Case presentations and discussion. Each participant has 5 minutes or less to present 10 areas about their DBT case conceptualization
- 10:55am – 11:00am Break**
- 11:00am – 12:00pm Case presentations and discussion
- 12:00pm – 1:00pm Lunch**
- 1:00pm – 1:55pm Case presentations and discussion
- 1:55pm – 2:00pm Break**
- 2:00pm – 2:55pm Case presentations and discussion.
- 2:55pm – 3:00pm Questions and wrap up; Participants will bring questions to Group Consultation next time

**Group Consultation: Wednesday, August 17, 2022 from 9:00am - 10:00am**

8:55am – 9:00am Enter Zoom waiting room; video and mic check\*

9:00am – 10:00am Address any remaining challenges with implementing DBT in specific settings or with particular clinical population

**\*Please note: In order to receive completion and credit/CEs, you must have your video camera on for the duration of training.**



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