



DBT Introductory Workshop

12 Feb 2019, 1:30 – 5pm

What is DBT?

Dialectical Behaviour Therapy (DBT) is a cognitive behavioural treatment using individual therapy and group classes to help people learn strategies to develop a life that they experience as worth living. DBT skills include mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. Aspects of DBT is been shown effective in a wide range of settings.

Trainees will be able to ...

- identify that DBT is a balance of acceptance skills and change skills
- to practice the “STOP skill” (Stop, Take a step back, Observe and Proceed Mindfully) incl. taking a breath before intervening
- describe why it is important to validate themselves and the adult or adolescent they are working with before introducing skills to change problem behaviour
- to discriminate between valid & invalid and describe why it is important to validate the valid but not the invalid
- practice skills to try to help someone who is managing extreme emotions not behave in a life threatening way
- to help someone try self-soothe skills who is experiencing strong emotions

