Basic Skills for Dialectical Behavior Therapy
Mini-Course
Syllabus

SW790-007 Advanced Topics in Interpersonal Practice
June 20 & 21, 2014 Spring/Summer 2014
9am-5pm
Room: 2752
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DBT is an empirically supported treatment for individuals with severe emotion regulation problems. Part of the treatment consists of teaching individuals specific skill sets in mindfulness, interpersonal effectiveness, emotional regulation, and crisis management. Participants will learn an overview of these skills and how to integrate these skills into their clinical practice in both a group and individual therapy setting.

LEARNING GOALS:
As a result of this training participants will be able to:
1) Discuss the DBT research for different populations
2) Understand the diagnosis of Borderline Personality Disorder and the biosocial theory underlying the diagnosis in DBT
3) Explain how dialectics are used in DBT
4) Learn the four modules of skills in DBT (Core Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance)
5) Conduct Behavioral Chain Analyses
6) Explain Validation Strategies and the contexts in which they apply

AGENDA:
Day 1: Friday June 20, 2014
  Borderline Personality Disorder Diagnosis, Evidence Base for DBT, Dialectics, Biosocial Theory, Validation strategies, Behavioral Chain Analysis

Day 2: Saturday June 21, 2014
  Mindfulness, Interpersonal Effectiveness, Emotion Regulation, Distress Tolerance
COURSE REQUIREMENTS:

Attendance: Attend both days, in full
Participation and In Class Exercises: On both days there will be several in class exercises that will culminate with participating in and completing a chain analysis with recommended DBT skill implementation.
Readings: It is suggested that you read resources 1 and 2 below prior to the start of the mini-course.

RESOURCES:


_purchase of texts is not required for class.
_purchase of resources 1 and 2 are essential to implementing DBT in practice.