



Basic Skills for Dialectical Behavior Therapy
Mini-Course
Syllabus

SW790-009 Advanced Topics in Interpersonal Practice
June 10 & 11 Spring/Summer 2016
9am-5pm
Room: 3752 SSWB
Lecturer: Liz Haas, LMSW ACSW CST
Contact: Lizhaas@umich.edu

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.

TRIGGER WARNING:

This class contains material and discussions about suicide, rape, child abuse and neglect, and other topics that some may find uncomfortable or triggering of participants own experiences or uncomfortable emotions or thoughts. This material is being presented to the class so that the participants may gain an understanding of what possible future patients may have experienced. If a participant is in need of support or clarification, it is important that the participant seek that support from the Lecturer or another trusted person. The University of Michigan's Counseling and Psychological Services number is 734-764-8312.

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 10, 2016

Borderline Personality Disorder Diagnosis, Evidence Base for DBT, Dialectics, Biosocial Theory, Behavioral Chain Analysis, Validation strategies

Day2: Saturday June 11, 2016

Mindfulness, Interpersonal Effectiveness, Emotion Regulation, Distress Tolerance

COURSE REQUIREMENTS:

- 1) Attendance: Attend both days, in full
- 2) 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.
- 3) Readings: It is suggested that you read chapters 1-5 of the DBT Skills Training Manual (2nd Ed).

RESOURCES:

1. Linehan, M.M. (1993). *Cognitive Behavioral Treatment of Borderline Personality Disorder*. New York: Guilford Press.
2. Linehan, M.M. (1993). *Skills Manual for Treating Borderline Personality Disorder*. New York: Guilford Press.
3. Linehan, M.M. (2014). *DBT skills training manual* (2nd ed). New York, NY: The Guilford Press.
4. Linehan, M.M. (2014). *DBT skills training handouts and worksheets* (2nd ed). New York, NY: The Guilford Press.
5. McKay, M., Wood, J, Brantley, J. (2007). *The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation & Distress Tolerance*.
6. Pederson, L. (2012). *The Expanded Dialectical Behavior Therapy Skills Training Manual*. Premier Publishing and Media.

- ✘ Purchase of texts is not required for class.
- ✘ Knowledge of and access to resources 1, 3, and 4 are essential to implementing DBT in practice.