

DBT for Substance Use Disorders

Presented by Patricia Gieselman, MFT

Learning Objectives

1. Describe how the contextual nature of DBT and DBT-SUD treatment, seeing the target behavior in context supports cultural competency.
2. Define how “Dialectical Abstinence” is used in DBT-SUD treatment.
3. List the seven (7) DBT-SUD Skills added to standard DBT Skills Modules that are specifically aimed at addressing substance use behaviors.
4. State at least 2 “Attachment Strategies” used in DBT Substance Use Disorders (SUD) treatment that enhance client attachment in treatment.
5. Describe how the skill of “Urge Surfing” can be used to decrease risk of using substances.
6. List 3 of the targets on the “Path to Clear Mind”.
7. Describe how the “Behavior Chain Analysis” (BCA) is used to identify treatment strategies.

Timed Outline

8:30-9:00	Sign-in and light breakfast
9:00-9:15	Introductions/Housekeeping
9:15-9:20	Mindfulness Exercise
9:20-9:50	Overview of DBT
9:50-10:30	Added Skills for DBT-SUD
10:30-10:45	Break
10:45-11:30	Added Skills for DBT-SUD continued
11:30-12:30	Lunch
12:30-12:40	Mindfulness Exercise
12:40-1:15	Attachment Strategies
1:15-1:45	Treatment Process in DBT-SUD
1:45-2:00	Break
2:00-2:20	Treatment Process in DBT-SUD continued
2:20-3:20	Role Play – DBT SUD Skills in Groups
3:20-3:30	Putting It All Together
3:30-3:40	Objectives Check
3:40-3:50	Q&A
3:50-4:00	Evaluations & Certificates