

DBT – An Overview of the Skills

Presented by Patricia Gieselman, MFT

Learning Objectives

1. List the 4 primary DBT skills modules
2. Identify the seven (7) Mindfulness Skills
3. List the three goals of Emotion Regulation module
4. List at least one (1) Crisis Survival Skill and one (1) Reality Acceptance Skill to use in different life arenas or with different relationships
5. State the three (3) goals of the Interpersonal Effectiveness module
6. Describe how using the Interpersonal Effectiveness Skills can help change another person's behavior

Timed Outline

8:30-9:00	Sign-In & Light Breakfast
9:00-9:10	Introductions & Housekeeping
9:10-9:20	Mindfulness Exercise
9:20-9:45	DBT Basics
9:45-10:40	Mindfulness Module
10:40-10:55	Break
10:55-12:00	Emotion Regulation
12:00-1:00	Lunch
1:00-1:10	Mindfulness Exercise
1:10-2:10	Distress Tolerance (Crisis Survival)
2:10-2:25	Break
2:25-3:20	Interpersonal Effectiveness
3:20-3:40	Putting It All Together
3:40-3:50	Question & Answer
3:50-4:00	Evaluation
8:30-9:00	Sign-In & Light Breakfast