

## Introduction to DBT

*Presented by Patricia Gieselman, MFT*

### ***Learning Objectives***

1. Identify the five (5) functions of a standard comprehensive DBT program
2. Identify the primary dialectic in DBT
3. Describe the treatment modalities used in standard comprehensive DBT treatment program.
4. Identify the hierarchy of primary targets for Pre-treatment, DBT Stages I and II
5. Identify components and functions of a Behavior Chain Analysis (BCA)
6. List at least 2 of the Secondary Targets in DBT treatment
7. Describe how the contextual nature of DBT treatment, seeing the target behavior in relation to its current context, supports cultural competency

### ***Timed Outline***

9:00 – 9:15	Introduction/Housekeeping
9:15-9:30	Why DBT?
9:30-10:00	DBT Components
10:00-10:30	Common Symptoms of Emotion Dysregulation/Dialectical Dilemmas
10:30-10:45	Break
10:45-11:15	Stages of Treatment & Understanding Emotion
11:15-12:00	Biosocial Theory/Behavior has Function
12:00-1:00	Lunch
1:00-1:30	Behavioral Paradigms/Core DBT Strategies
1:30-2:30	Assessment, Targeting & Commitment Behavior Chain/Solution Chain Analysis
2:30-2:45	Break
2:45-3:45	DBT Skills Overview Adaptations/Fidelity
3:45-4:00	Evaluation