

## January 2023

### Workshop Learning Objectives (40 hours)

1. DBT treats 5 categories of dysregulation. List 2 of the 5.
2. List 2 modes of DBT treatment.
3. List 2 functions of DBT treatment.
4. List 3 DBT Assumptions about clients.
5. List the 6 dialectical characteristics that DBT Therapists need to balance to be most effective with clients.
6. List the 2 polar ends of the primary dialectic in DBT.
7. Describe the hierarchy of DBT treatment for Stage 1 & Stage 2.
8. List 2 primary elements of the biosocial model of severe emotion dysregulation.
9. List 2 potential consequences of an invalidating environment.
10. Describe 3 of the tasks to be accomplished during the pre-treatment period for DBT.
11. Participate in/observe role play with other participants to identify 1 life worth living goal participants are willing to share in training, 1 problem getting in the way of that goal and identify target 1 behavior to address.
12. List 2 DBT commitment strategies and describe when they are used during treatment.
13. Identify 3 elements of a Diary Card.
14. Demonstrate giving instructions needed for use of a Diary Card by a client.
15. Commit to and practice doing a Diary Card daily throughout DBT Therapist Onboarding Workshop course.
16. Participate in and observe Diary Card review during training sessions.
17. List the 5 components of the Behavior Chain Analysis in order of sequence.
18. Demonstrate/observe Behavior Chain and Solution Chain Analysis and Missing Links Analysis with other participants with coaching from instructor.
19. List the 6 DBT "secondary targets (dialectical dilemmas)".
20. List and describe 2 specific dialectical principles.
21. List 3 of the steps of problem solving as used in a DBT Individual session as one of the DBT change strategies.
22. List the 4 cognitive-behavioral change strategies used in the DBT Solution Chain Analysis in addition to problem-solving strategies in the DBT Individual session agenda.
23. Describe the primary techniques of behaviorism as used in DBT for Contingency Management.
24. Describe the use of the therapeutic relationship as a contingency management strategy.
25. List 2 interventions required for Informal Exposure in DBT.
26. Identify the 6 levels of validation.
27. List 3 functions of Validation.
28. Demonstrate/observe the use of validation to balance change strategies.
29. List and describe 2 different communication strategies of DBT.
30. Describe 2 DBT Case Management strategies and when to use each.
31. Describe 3 examples of when to use Telephone Coaching.
32. Describe 2 suicide crisis protocols used in DBT.
33. Participate in Mindfulness exercises.
34. View and discuss videotaped segments of DBT individual sessions.
35. Practice/observe the techniques of DBT by role playing, as coached by the instructors.
36. List the 4 DBT Skills modules and on which side of the primary dialectic they belong.
37. List the agenda for a DBT Skills class.
38. Participate in a DBT Skills Lesson.
39. List 3 of the therapist DBT Consultation Team agreements.
40. Describe 2 functions and 1 agenda item of a DBT Consultation Team.