

DBT Therapist Onboarding Workshop

Workshop Learning Objectives (40 hours)

1. Describe the specific type of regulation DBT treats.
2. List one (1) of each of the modes, functions, and typical treatment agreements made in DBT.
3. List three(3) of the DBT Assumptions about clients.
4. Describe one (1) of the dialectical balances of DBT Therapist characteristics in context with clients.
5. List three(3) of the DBT client and therapist agreements.
6. Describe the primary dialectic in DBT.
7. Describe the hierarchy of DBT treatment and method of triage (stages of treatment).
8. List the 4 DBT Skills modules and on which side of the primary dialectic they belong.
9. Describe the biosocial model of severe emotion dysregulation, e.g., borderline personality disorder.
10. List two(2) consequences of an invalidating environment.
11. Describe three(3) tasks to be accomplished during the pre-treatment period for DBT.
12. Describe the process of creating DBT treatment plans for clients using targeting procedures.
13. Participate in/observe role play with other participants to identify a life worth living goal participants are willing to share in training, problems getting in the way of that goal and identify target behaviors to address.
14. List two(2) DBT commitment strategies and describe when they are used during treatment.
15. Identify three(3) elements of a Diary Card.
16. Commit to and practice doing a Diary Card daily throughout DBT Therapist Onboarding Workshop course.
17. Participate in/observe Diary Card review during training sessions.
18. Identify five(5) elements of a Behavior Chain and Solution Chain Analysis and Missing Links Analysis with other participants with coaching from instructor.
19. List and describe the six(6) DBT “secondary targets”.
20. Describe process of creating DBT treatment plans for clients using targeting procedures.
21. Describe dialectics and how the concept is used in DBT.
22. List and describe three(3) specific dialectical strategies.
23. List the steps of problem solving as used in a DBT Individual session as one of the DBT change strategies.
24. Describe use of cognitive-behavioral change strategies in the DBT Solution Chain Analysis.
25. Describe the use of the therapeutic relationship as a contingency management strategy.

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26. Describe three(3) primary techniques of behaviorism as used in DBT.
27. Describe cue exposure and response prevention.
28. Identify the six(6) levels of validation.
29. Explain three(3) functions of Validation.
30. Demonstrate/observe the use of validation to balance change strategies.
31. Describe the six(6) different communication strategies of DBT.
32. Describe two(2) DBT Case Management strategies and when to use each.
33. Describe when and how to use Telephone Coaching.
34. Describe suicide crisis protocols of DBT.
35. Conduct a mock suicide assessment.
36. Participate in Mindfulness exercises.
37. View videotaped segments of DBT individual sessions and identify specific DBT strategies as they are used.
38. Practice/observe the techniques of DBT by role playing, as coached by the instructors.
39. List three(3) therapist DBT Consultation Team agreements.
40. Describe two(2) functions of a DBT Consultation Team.