

DBT Therapist Onboarding Workshop

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.

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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.