

Five Day Training: Foundation Certificate in DBT

***(Dialectical Behaviour Therapy)**

A theoretical and practical five day course for therapists and mental health professionals wanting a deeper knowledge of DBT and how to incorporate it into their practice. The days combine training in DBT theory and practice with case discussion and practical demonstration of treatment techniques.

What is DBT, who can use it and who is it for?

- DBT is a treatment package that was developed for BPD (Borderline Personality Disorder), and has been adapted for many other problems including substance misuse, suicidal teenagers, eating disorders and treatment resistant depression.
- DBT techniques can also be incorporated into your style of practice. Each technique is a powerful therapeutic tool.

The days will cover:

An outline of DBT

- What is DBT?
- What does DBT have to do with Zen?
- How effective is DBT?
- The theoretical principles of DBT
- The stages and structure of DBT

Engaging Clients in Treatment

Especially useful for clients who are ambivalent towards change, DBT offers strategies to increase commitment to the therapeutic process, prevent drop outs, and maximise collaboration and effectiveness.

Building Acceptance, Alliance and Trust

How to start with a therapist stance of acceptance. How to guide clients towards accepting themselves and their problems.

- Mindfulness: living non-judgmentally in the present with your problems
- Validation: your behaviour makes sense in its context
- Dialectical approaches: we are all perfect and we all need to change

Participants will learn how to use mindfulness, validation and dialectical strategies to build acceptance, alliance and trust.

Focusing on Change with DBT

DBT targets specific behaviours that need to change, helping therapists and clients to prioritise problems and focus their sessions.

- Making a treatment hierarchy, prioritising problems
- Structuring a DBT session
- Behaviour analysis, what is the target behaviour?
- Problem solving, finding solutions

Teaching clients skills

- Teaching skills in groups
- Coaching skills in one to one work
- Coaching therapists during supervision
- Coaching clients in crisis: risk management

Participants will have the chance to observe a role play of a typical DBT skills group.

Getting unstuck

DBT offers a special selection of dialectical strategies to help get through 'stuckness' in relationships including the therapist-client relationship.

- Lemons and lemonade
- Metaphors
- What is the sound of one hand clapping?

Participants are encouraged to bring their own cases or even their own habits to use as material to demonstrate the DBT approach and will leave with a plan to apply skills in their own practice.

The Consult Group

DBT uses a peer supervision model known as the Consult Group to support and ensure adherence by practitioners to the model. The teaching uses this concept to establish consult

groups within the training setting, to model how to run a consult group and how to behave in a DBT consistent manner in such a group.

Coaching in DBT: Handling suicidal, self harm and other crises

The trainer will model how to handle crises when the client is very close to carrying out a high risk behaviour, using DBT coaching. Participants will be invited to make their own risk plan and consider their own limits when dealing with risk in their own professional context.

The Trainer



Dr Fiona Kennedy, Consultant Clinical Psychologist

Fiona developed specialist NHS based DBT services for people with borderline personality disorder who self harm, often with co-morbid eating disorders and substance misuse problems. For this she received an award from BUPA and the DBT service was quoted in the NAO (National Audit Office) paper “Safer Patient Services” 2005, presented to Parliament in the UK. She went on to develop training programs for practitioners and others based on Marsha Linehan’s work. She has delivered DBT training nationally and internationally for the past twelve years. She enjoys training and has a dynamic, interactive style.

For more information and a booking form, [click here](#).