

Dialectical Behavior Therapy (DBT)

Duration: 10 Days

Language: en

Course Code: IND5 - 179

Objective

By the end of this course, participants will be able to:

- Understand the foundational principles of DBT.
- Learn the structure and stages of DBT treatment.
- Practice the four key skill sets of DBT: mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness.
- Apply DBT tools to real-world challenges.
- Recognize how DBT supports people with chronic emotional difficulties.

Audience

This course is ideal for:

- Psychology and mental health students.
- Early-career counselors and therapists.
- Social workers and support staff.
- School and university mental health teams.
- Individuals interested in emotional wellness techniques.
- Coaches and professionals working with high-emotion clients.

Training Methodology

Participants will learn through a combination of short presentations with clear visuals, real-world therapy session clips, skill-building exercises, and group discussions. The course includes interactive activities, downloadable DBT skill sheets, and guided self-reflection worksheets for applying the techniques outside the training setting.

Summary

Dialectical Behavior Therapy (DBT) is a powerful, evidence-based treatment designed to help individuals manage intense emotions, improve relationships, and build a more stable, fulfilling life. Originally developed for borderline personality disorder, DBT is now widely used to support people dealing with anxiety, depression, PTSD, and emotional dysregulation.

This course introduces the key principles and core techniques of DBT in a clear and practical way. Participants will explore real-life examples, engage in reflection exercises, and learn how to apply DBT skills in both therapeutic settings and daily life.

Course Content & Outline

Section 1: Foundations of DBT

- What is Dialectical Behavior Therapy?
- History and development of DBT.
- Core concepts: dialectics, validation, acceptance vs. change.
- Who DBT is for: indications and outcomes.

Section 2: Structure of a DBT Program

- The 4 components: individual therapy, skills training, coaching, team consultation.
- DBT treatment stages and goals.
- Role of therapist and client commitment.
- Practical overview of session structure.

Section 3: Core Skill 1 – Mindfulness

- Being present: “what” and “how” skills.
- Observing without judgment.
- Developing wise mind.
- Practicing awareness in daily life.

Section 4: Core Skill 2 – Distress Tolerance

- Coping with crisis situations.
- Self-soothing and distraction techniques.
- Accepting reality: radical acceptance.
- Grounding and “TIP” skills for intense emotion.

Section 5: Core Skill 3 – Emotional Regulation

- Identifying and labeling emotions.
- Reducing vulnerability to emotion mind.
- Opposite action and behavioral activation.

- Building emotional strength.

Section 6: Core Skill 4 – Interpersonal Effectiveness

- Assertiveness and boundary-setting.
- Using the DEAR MAN technique.
- Building relationships while maintaining self-respect.
- Saying no without guilt.

Section 7: Applying DBT in Practice

- Tailoring skills for different clients.
- Common challenges and troubleshooting.
- Combining DBT with other therapeutic tools.
- Using DBT in daily life and self-help.

Certificate Description

Upon successful completion of this training course, delegates will be awarded a Holistique Training Certificate of Completion. For those who attend and complete the online training course, a Holistique Training e-Certificate will be provided.

Holistique Training Certificates are accredited by The CPD Certification Service (CPD), and are certified under ISO 9001 and ISO 29993 standards.

CPD credits for this course are granted by our Certificates and will be reflected on the Holistique Training Certificate of Completion. In accordance with the standards of The CPD Certification Service, one CPD credit is awarded per hour of course attendance. A maximum of 50 CPD credits can be claimed for any single course we currently offer.

Categories

Health, Safety & Environment HSE, Healthcare & Pharmaceutical

Tags

Dialectical Behavior Therapy, DBT

Related Articles



Addressing Common Misconceptions About Psychotherapy

Discover how psychotherapy can help you thrive by addressing the common myths that hold people back from seeking support. This guide highlights psychotherapy's value and potential impact for those seeking personal growth, emotional resilience, and mental wellness.