

DBT FOUNDATIONAL LEARNING OBJECTIVES BY DAY

DAY 1

- List and explain unique mental health issues arising in a post-pandemic world
- List common risk factors for suicide in adolescence
- Explain the evidence-base for DBT with teenagers
- List the 5 problem areas and 5 skills modules of DBT
- Explain the Biosocial Theory of Emotion Dysregulation to clients
- Teach the DBT assumptions to teenagers and families
- Utilize the treatment structure and targets for multi-problem, high risk adolescents

DAY 2

- Explain how to orient clients to using the DBT Diary Card
- List the different types of DBT Commitment Strategies and to use them with clients
- Explain two different types of stylistic strategies and case management strategies
- List three targets for DBT phone coaching
- Explain the difference between targets for a Skills Training Group and individual therapy
- Explain the role of Group Leader versus the role of Co-Leaders (for Skills Training Group)
- Explain the key concepts taught in the Orientation Skills Module (for Skills Training Group)

DAY 3

- Distinguish between Validation Levels 4, 5 and 6
- Explain the consequences of invalidation
- Teach the 3 States of Mind related to DBT Mindfulness Skills to clients
- Teach the concept and rationale for Radical Acceptance to teenagers
- Explain what Distress Tolerance IS and what it IS NOT

DBT FOUNDATIONAL LEARNING OBJECTIVES BY DAY

DAY 4

- Conduct Chain and Solution analysis to a target behavior
- List the four different change strategies used in DBT
- Explain 5 exposure procedures
- Explain skills acquisition strengthening and generalization
- Explain two ways in which cognitive modification differs in DBT from CBT
- List and explain the components of the PLEASE skills used in DBT
- Identify when one has to use the skills of opposite action to current emotion in DBT

DAY 5

- Explain the concept of Dialectical Thinking and the different Dialectical Dilemmas
- List two dialectical strategies
- List two dialectical dilemmas and corresponding secondary targets
- Explain the DBT Team Agreements and what it means to participate on a DBT Team
- List the three goals of Interpersonal Effectiveness and learn about their corresponding skills used in DBT
- List three reasons as to why it is important to include caregivers in DBT
- Explain the three primary skills taught in Walking the Middle Path skills