

## DBT Intensive training - Detailed learning objectives - 2023

### Part 1 – Learning Objectives:

- Incorporate DBT assumptions about clients, therapists, and therapy into treatment.
- Balance change and acceptance in providing consultation.
- Apply DBT principles and strategies during DBT consultation team meetings.
- Increase the motivation and capability of therapists on your consultation team.
- Describe how the scientific method is used in both treatment development and conducting DBT.
- Use DBT research data to engage stakeholders in DBT.
- Adopt and practice a dialectical worldview in treatment and case formulation.
- Engage clients in treatment by providing dialectical balance between change and acceptance.
- Accurately describe the content of the skills training module: Core Mindfulness.
- Convey the rationale for DBT Mindfulness skills.
- Explain how Core Mindfulness skills are key (core) to all skills taught in DBT.
- Explain the Biosocial Model of Borderline Personality Disorder (BPD) and other severe disorders in all required treatment contexts.
- Conceptualize the manner in which suicidal behaviour is an attempt by patients to solve problems.
- Incorporate hypotheses to include in DBT case formulation based on dialectical dilemmas experienced by persons with borderline personality disorder (duplicate).
- Accurately describe the content of the skills training module: Emotion Regulation.
- Describe the evidence for the use of DBT Emotions Regulation skills.
- Convey the rationale for DBT Emotion Regulation skills.
- Describe the functions of comprehensive treatment and the corresponding modes employed in DBT to accomplish these functions.
- Describe how levels of disorder and stages of treatment guide treatment planning and targeting.
- Identify client's life goals that can be used as motivation for engaging in DBT.
- Structure treatment according to the target hierarchies for each modality (e.g., individual, skills training, phone).
- Set target hierarchies for clients with multiple problems.
- Complete DBT pre-treatment tasks (e.g., identify client's goals, orient to DBT, obtain commitments).
- Describe the key elements that should be addressed in individual DBT sessions.
- Structure individual DBT sessions.
- Describe the function of DBT skills training.
- Define the roles of the leader and co-leader in DBT skills training.
- Explain how to structure a DBT skills training class.
- Identify the contents of the DBT Interpersonal Effectiveness skills module.
- Describe the evidence for the use of DBT Interpersonal Effectiveness skills.
- Convey the rationale for DBT Interpersonal Effectiveness skills.
- Identify the contents of the DBT Distress Tolerance skills module.
- Describe the evidence for the use of DBT Distress Tolerance skills.
- Convey the rationale for DBT Distress Tolerance skills.
- Define problem behaviors specifically and behaviourally.

- Conduct a chain analysis of an episode of a target behaviour.
- Conduct missing links analyses of needed behaviors that did not occur.
- Describe the DBT problem-solving strategies (skills training, cognitive modification, exposure, contingency management).
- Generate and evaluate solutions for specific problematic links from a chain analysis.
- Describe the use of validation in DBT.
- Implement the levels of validation in DBT.
- Engage clients in treatment by providing dialectical balance between change and acceptance.
- Employ the dialectical strategies in DBT.
- Implement DBT stylistic strategies (reciprocal and irreverent communication).
- Assess long-term and acute risk for suicide.
- Talk with individuals in a manner that facilitates assessment of suicide risk.
- Describe the steps involved in crisis management.
- Apply DBT suicide crisis protocols.
- Respond to ongoing suicidal behaviour during treatment.
- Coach clients to generalize skills in all relevant contexts.
- More effectively coach clients with skills specific to their needs.
- Competently help patients employ difficult-to-use skills.
- Implement the DBT case management strategies.
- Identify the application of, and limits to, consultation to the client.
- Explain the importance of observing personal and professional limits in DBT.
- Describe the steps for observing limits in DBT.

## Part 2 – Learning Objectives:

- Talk with individuals in a manner that facilitates assessment of suicide risk.
- Implement an evidence-based protocol for intervening in suicide crisis situations.
- Identify DBT skills for clients to use for specific problems in specific contexts.
- Structure team-based consultation sessions.
- Determine the best course of clinical application based on consultation and extrapolation from the evidence-base for DBT.
- Discuss the exam assigned in Part 1 and consequently better understand important concepts in DBT.
- Discuss homework assignments involving the application of the treatment and consequently better understand how to apply the treatment.
- Design DBT service programs, appropriately implementing and modifying DBT protocols for my particular setting and patient population.
- Effectively balance adaptation and adoption in implementation of DBT.
- Utilize implementation outcome variables to increase the sustainability of DBT programs.
- Conceptualize clinical cases and problems from a DBT perspective.
- Formulate cases with emotion at the heart of problem behaviour.
- Engage in DBT case formulation as an iterative means of treatment planning, intervention, and measurement.
- Demonstrate the ability to apply important concepts in DBT.

- Write DBT case formulations with behavioural specificity.
- Actively participate in a DBT consultation team.
- Set targets for DBT consultation team meetings and manage time accordingly.
- Balance change and acceptance in providing consultation.
- Formulate cases with attention to the transaction of the individual-environment system.
- Incorporate the biosocial model of BPD into case formulation.
- Conceptualize the manner in which suicidal behaviour is an attempt by patients to solve problems.
- Describe how levels of disorder and stages of treatment guide treatment planning and targeting.
- Link client targets to goals.
- Link client's goals to the tasks of treatment.
- Organize DBT sessions based on a target hierarchy for each modality (e.g., individual, skills training).
- Overcome obstacles of both therapists and clients in setting treatment goals and targets before starting the treatment.
- Define problem behaviors specifically and behaviourally.
- Identify the critical variables influencing a problem behaviour.
- Clarify program elements that support the functions of a comprehensive treatment program.
- Evaluate whether a DBT program addresses the 5 functions of comprehensive treatment.
- Explain the difference between chain and solution analyses.
- Conduct solution analyses.
- Identify solutions to address the critical variables influencing problem behaviors.
- Select and suggest specific skills to fit a situation or context.
- Implement the DBT problem-solving strategies (skills training, cognitive modification, exposure, contingency management).
- Evaluate the use of DBT strategies in my own and others' cases.
- Describe the relationship between secondary targets and primary targets.
- Determine when to focus on secondary targets (dialectical dilemmas).
- Identify options for intervening in secondary targets (dialectical dilemmas).
- Identify the application of, and limits to, consultation to the client.
- Implement DBT case management strategies (consultation-to-the-client and environmental intervention).
- Generate solutions to address barriers to implementing DBT in my program.
- Demonstrate the ability to evaluate the use of DBT strategies in others' cases.
- View and discuss DBT as modelled by expert therapists (e.g. video, demonstrations) and be better able to describe and apply treatment strategies.
- Practice the techniques of DBT via behavioural rehearsal, as coached by the instructors and be better able to describe and apply treatment strategies.
- Provide solutions when consulting that are pertinent to the problem and likely to be effective.
- Apply the treatment after my team's case consultation.
- Apply DBT principles and strategies during DBT consultation team meetings.
- Identify team problems and use DBT strategies to resolve them.
- Employ techniques for strengthening the DBT consultation team.
- Clarify expected long-term outcomes for my DBT program.
- Identify methods of measuring outcomes for my DBT program.