Skills Training in Dialectical Behaviour Therapy: The Essentials

Spectrum, the personality disorder service of Victoria, in conjunction with the Project Air Personality Disorders Strategy (NSW), is hosting a two-day training course in dialectical behaviour therapy (DBT). The training course is licensed under Behavioral Tech (Marsha Linehan’s international DBT training organisation), run under the auspices of DBTNZ, and delivered by internationally renowned trainers. The event will offer a comprehensive introduction to DBT skills training.

The workshop will cover the fundamentals of Dialectical Behaviour Therapy (DBT) Skills: Core Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness. Participants will learn about how to set up a group, the group goals and guidelines, beginning to teach skills, being a co-leader, identifying and solving common problems in skills groups, making skills lectures come alive, giving meaningful homework assignments, and reviewing homework assignments in a way that promotes active engagement with various client populations and settings. This course is designed for all mental health professionals who want to learn to teach or to improve their teaching of DBT skills to clients. Participants should have read the Skills Training Manual for Treating Borderline Personality Disorder by Marsha M. Linehan, Ph.D., ABPP, (1993) prior to attending the training.

**Learning Objectives**

Participants will learn:

- the content of 4 skills training modules: Mindfulness, Distress Tolerance, Emotion Regulation, & Interpersonal Effectiveness;
- how to apply relevant DBT strategies within psycho-educational skills training;
- how to organize & structure skills training classes for clients;
- how to treat therapy-interfering behaviours of clients & therapists.

**Trainers**

**Dr Roy Krawitz** – psychiatrist, Hon. Clin. Sen. Lecturer, Auckland Uni, and extensively published BPD author with 25 years’ experience working with people with borderline personality disorder (BPD), including an exclusive focus on DBT during the last 10 years.

**Dr Carla Walton** - clinical psychologist and researcher with expertise in training and consultation in DBT to mental health services across Australia, and oversight of several research projects examining BPD and DBT.

**Dr Emily Cooney** - clinical psychologist and researcher, including key role as research therapist on two trials of Dialectical Behaviour Therapy (DBT) under Dr Marsha Linehan at the University of Washington.

---

**What:**

Two 2-day workshops will be offered – one in Melbourne and one in Sydney

**When:**

Melbourne: Mon 8th & Tues 9th September 2014
Sydney: Thurs 11th & Fri 12th September 2014

**Where:**

Sydney: Campbelltown Catholic Club,
20-22 Camden Rd, Campbelltown

**Cost:**

- early bird $495 – closes 5pm Fri 18 July
- full $550
- student $450 – limited places

All prices inclusive of GST

**Enquiries:**

For further details & registrations please contact:

**Melbourne event**

Spectrum  
e: spectrum@easternhealth.org.au  
t: (03) 8833 3050  
w: www.spectrumbpd.com.au

**Sydney event**

Project Air  
e: info-projectair@uow.edu.au  
t: (02) 4221 5534  
w: www.projectairstrategy.org