



**Training & Assessment
in Healthcare Ltd**

Training and Professional Development

An Introduction to Dialectical Behaviour Therapy (DBT)

DBT was initially developed by Marsha Linehan for treatment for individuals with Personality Disorder who cope with distressing emotions and situations through self-injurious behaviours i.e. self-harm, substance misuse and eating disorders. DBT is beneficial for supporting people with a variety of mental health conditions.

Research shows that DBT can improve individual skills and ability to cope with distress in ways that reduces harm, encourages responsibility and supports person centred working

COURSE OBJECTIVES

- To understand what DBT is
- To gain an in depth understanding of the four modules
 - Mindfulness
 - Distress tolerance
 - Emotion regulation
 - Interpersonal effectiveness
- To understand how DBT techniques may be utilised by staff working in a person-centred way.
- To discuss the implementation of strategies within your work setting
- To understand the importance of encouraging coping skills training

COURSE NOTES

- This course can be extended to a full day

COURSE INFORMATION	
Duration:	Half day
Who should attend:	Nurses, All Care/Support Workers, Managers/Seniors/CHAPS
Certification:	Certificate of Attendance
Travel Charge:	Dependent on Location

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