

## COUNSELLING & CLIENT WORK COURSES

# DIALECTICAL BEHAVIOURAL THERAPY (DBT)

### Course overview

This training program will improve participants' knowledge, skills and confidence in all aspects of Dialectical Behavioural Therapy (DBT) interventions, and the application of this approach to a range of client issues and worker roles.

### Who will benefit from this course?

Anyone providing psychosocial interventions in a range of health and community settings, including for example: counsellors, case managers, support workers, social workers, psychologists, family workers, youth workers, medical and allied health professionals.

**DURATION:** 1 Day

**FEE:** Varies depending on venue, sector, numbers & service provided

**IN-HOUSE TRAINING:** By arrangement with your organisation

**CUSTOMISED TRAINING:** To meet the specific requirements of your service and sector

**VENUE:** Available **Australia-wide including remote & regional areas**

Discounts for NGOs

### Course content

- The evidence-base for this approach and recommendations on the practical application of DBT to assist people change patterns such as substance misuse, suicidal thinking, and self harm.
- The framework, theory, practice, underlying principles and techniques of DBT including individual and group approaches.
- Identify the key characteristics of DBT including: support oriented; cognitive-based; collaborative.
- Understand the skills and apply the four modules of DBT including: mindfulness, interpersonal effectiveness, distress tolerance, and emotional regulation.
- The nature of the DBT 'helping' relationship, the role of the counsellor, and the stages of treatment when undertaking DBT.
- The assumptions, strengths and limitations of the DBT approach.
- Explore and apply the DBT tools including: diary cards, chain analysis, and milieu.
- Use DBT to assist clients to recognise triggers and reactive states which interfere with functioning; identify coping skills and improve emotional and cognitive self regulation.
- Identify the application of a DBT skills training group or individual therapy program to your clients and work role / service context.
- Prioritise treatment targets when using DBT: e.g. life-threatening behaviours, therapy-interfering behaviours, quality of life or skills acquisition.
- Practice skills and receive coaching and feedback in a small highly interactive training group.

### Contact us for an obligation free quote!

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