

# DBT SYLLABUS

## Dialectical Behavior Therapy (DBT) Syllabus

### Overview:

This 10-hour module on Dialectical Behavior Therapy (DBT) is designed to provide students with a comprehensive understanding of DBT through practical activities, case study analysis, and experiential learning. The module is structured to progressively build skills, ensuring that by the end of the 10 hours, participants can effectively apply DBT techniques in real-world scenarios.

### Hour 1: Introduction to DBT

- **Objective:** Understand the fundamental principles and structure of DBT.
- **Content:**
  - Overview of DBT: History, Key Figures (Marsha Linehan), and Core Principles.
  - Theoretical Foundations: Biosocial Theory and Dialectics.
  - DBT Structure: Stages, Modes of Treatment, and Target Hierarchies.
- **Activity:** Group discussion on the unique aspects of DBT compared to other therapies and how dialectical thinking applies to everyday situations.
- **Chart:** Diagram of DBT Structure showing stages, modes, and target hierarchies.
- **Materials:** Handouts on the history and core principles of DBT.

### Hour 2: Mindfulness in DBT

- **Objective:** Learn and practice mindfulness techniques central to DBT.
- **Content:**
  - Introduction to Mindfulness: The Core Skill in DBT.
  - “What” and “How” Skills in Mindfulness.
  - Applying Mindfulness in Daily Life and Therapy.
- **Activity:** Guided mindfulness exercise followed by group reflection on the experience.
- **Case Study:** Review and discuss a case where mindfulness was pivotal in managing emotional dysregulation.
- **Chart:** “What” and “How” Skills in Mindfulness Chart.
- **Materials:** Mindfulness practice worksheets.

### Hour 3: Distress Tolerance Skills

- **Objective:** Understand and apply distress tolerance techniques.
- **Content:**
  - The Purpose of Distress Tolerance: Surviving Crisis Situations.
  - Crisis Survival Strategies: Distraction, Self-Soothe, Improve the Moment, and Pros and Cons.
  - Reality Acceptance Skills: Radical Acceptance, Turning the Mind, and Willingness.

- **Activity:** Practice distress tolerance techniques in pairs using scenarios involving high emotional distress.
- **Case Study:** Analyze a case where distress tolerance skills helped a client avoid self-destructive behaviors.
- **Chart:** Distress Tolerance Strategies Chart.
- **Materials:** Distress tolerance worksheets.

#### Hour 4: Emotion Regulation Skills

- **Objective:** Learn techniques for regulating intense emotions.
- **Content:**
  - Understanding and Naming Emotions.
  - Strategies for Reducing Emotional Vulnerability: ABC PLEASE.
  - Techniques for Changing Emotional Responses.
- **Activity:** Develop an emotion regulation plan for a hypothetical client experiencing frequent emotional swings.
- **Case Study:** Discuss a case where emotion regulation skills led to improved emotional stability.
- **Chart:** Emotion Regulation Strategies and ABC PLEASE Chart.
- **Materials:** Emotion regulation worksheets.

#### Hour 5: Interpersonal Effectiveness Skills

- **Objective:** Develop skills for effective interpersonal interactions.
- **Content:**
  - Goals of Interpersonal Effectiveness: Objectives Effectiveness, Relationship Effectiveness, and Self-Respect Effectiveness.
  - DBT Interpersonal Skills: DEAR MAN, GIVE, and FAST.
  - Balancing Priorities and Demands, Building Mastery, and Learning to Say No.
- **Activity:** Role-play interpersonal effectiveness scenarios using DEAR MAN, GIVE, and FAST techniques.
- **Case Study:** Analyze a case where interpersonal effectiveness skills improved the client's relationships.
- **Chart:** Interpersonal Effectiveness Skills (DEAR MAN, GIVE, FAST) Chart.
- **Materials:** Interpersonal effectiveness worksheets.

#### Hour 6: Validation in DBT

- **Objective:** Master the use of validation in DBT.
- **Content:**
  - The Role of Validation in DBT: Building Trust and Acceptance.
  - Levels of Validation: From Acknowledgment to Radical Genuineness.
  - Balancing Change and Acceptance through Validation.
- **Activity:** Practice validation techniques in role-play scenarios, focusing on different levels of validation.
- **Case Study:** Discuss a case where validation was key to the therapeutic relationship and client progress.
- **Chart:** Levels of Validation in DBT Chart.

- **Materials:** Validation techniques worksheets.

## Hour 7: Chain Analysis and Solution Analysis

- **Objective:** Learn how to conduct a chain analysis and develop solutions to problematic behaviors.
- **Content:**
  - Introduction to Chain Analysis: Identifying Links in the Behavioral Chain.
  - Conducting a Chain Analysis: Steps and Techniques.
  - Solution Analysis: Developing and Implementing Effective Solutions.
- **Activity:** Conduct a chain analysis in small groups using a provided case study, followed by developing a solution analysis.
- **Case Study:** Review a case where chain analysis helped identify and change a self-destructive behavior pattern.
- **Chart:** Chain Analysis Flowchart.
- **Materials:** Chain analysis and solution analysis worksheets.

## Hour 8: DBT Diary Cards and Behavioral Tracking

- **Objective:** Implement diary cards and behavioral tracking in DBT practice.
- **Content:**
  - The Purpose of DBT Diary Cards: Monitoring Progress and Identifying Patterns.
  - How to Use Diary Cards Effectively.
  - Integrating Behavioral Tracking into Therapy Sessions.
- **Activity:** Fill out a DBT diary card for a hypothetical client and discuss how to use the information in therapy.
- **Case Study:** Analyze a case where diary cards were instrumental in tracking progress and informing therapy.
- **Chart:** Example of a DBT Diary Card.
- **Materials:** Diary card templates and tracking sheets.

## Hour 9: Integrating DBT with Other Therapeutic Approaches

- **Objective:** Explore the integration of DBT with other therapeutic modalities.
- **Content:**
  - Combining DBT with Cognitive Behavioral Therapy (CBT).
  - Integrating DBT with Mindfulness-Based Therapies.
  - Tailoring DBT to Complex Cases and Diverse Populations.
- **Activity:** Develop a treatment plan that integrates DBT with another therapeutic approach for a complex case study.
- **Case Study:** Discuss a case where DBT was successfully integrated with another modality to enhance treatment outcomes.
- **Chart:** Comparative Chart of DBT and Other Therapeutic Approaches.
- **Materials:** Integration worksheets.

## Hour 10: Review, Case Presentation, and Feedback

- **Objective:** Consolidate learning and receive feedback on practical skills.

- **Content:**
  - Review of Key DBT Concepts and Techniques.
  - Case Study Presentation by Participants.
  - Group Feedback and Discussion.
- **Activity:** Each participant presents a case study, including assessment, formulation, and treatment plan, followed by peer and instructor feedback.
- **Chart:** Summary Chart of DBT Techniques Covered in the Course.
- **Materials:** Case presentation templates.

## **Charts Included:**

1. **DBT Structure Diagram** - Overview of stages, modes, and target hierarchies.
2. **Mindfulness “What” and “How” Skills Chart** - Visual guide to DBT mindfulness skills.
3. **Distress Tolerance Strategies Chart** - Crisis survival and reality acceptance techniques.
4. **Emotion Regulation Strategies and ABC PLEASE Chart** - Techniques for managing emotions.
5. **Interpersonal Effectiveness Skills Chart** - DEAR MAN, GIVE, and FAST techniques.
6. **Levels of Validation Chart** - Different levels of validation in DBT.
7. **Chain Analysis Flowchart** - Steps for conducting a chain analysis.
8. **Example of a DBT Diary Card** - Template for tracking emotions and behaviors.
9. **Comparative Chart of DBT and Other Approaches** - Overview of integration points.
10. **Summary Chart of DBT Techniques** - Recap of techniques covered.

This syllabus provides a structured, practical approach to learning DBT, ensuring that participants gain hands-on experience through case studies, role-plays, and activities.