

DBT Skillz for Therapists

Emotion Regulation and Mindfulness

September – December 2022

Dialectical Behavior Therapy (DBT) Skillz for Therapists in the Triangle

With the exciting and much anticipated release of Marsha Linehan's Second Edition of the DBT Skills Training Manual in 2014, the application of DBT Skills to multiple conditions and diagnoses continues to expand. These new skills and handouts not only address some of the most confounding problems clients face--such as, chronic suicidal ideation, self-harming behavior, conflicted relationships, intense emotional swings-- but also have been empirically applied to a range of populations, such as clients dealing with anxiety, depression, bipolar disorder, addictions, eating disorders, as well as with couples and families.

Where/When: *Next Module to begin September 2022.* The 8 session course meets on two Wednesday Mornings, 8:45 -10:30am. In November and December, we meet the first weeks due to the Holidays. Interpersonal Effectiveness skills will follow in January 2023.

Learning Objectives for the Emotion Regulation Module:

- Understand and practice the skills of Mindfulness to help us effectively regulate emotions
- Understand the concepts and skills of Emotion Regulation in personally meaningful ways.
- Experientially apply the Emotion Model, Check the Facts, Opposite Action to Emotion and Accumulate Positive Emotions
- Identify creative ways to teach these skills with clients with the Four Steps of: Link to goal, Shaping, Essence, and **Make it Sticky**

Purpose: In this course you will learn mindfulness-based Emotion Regulation skills which are the core of DBT and its contribution to effective psychotherapy. You will learn skills designed to increase resilience and to decrease emotional suffering.

Understanding the skills experientially is the foundation for being an effective DBT therapist. You will practice these skills from the ground up in a safe and collegial environment. If you plan to teach skills classes, this course provides an alternative to the participant-observer option.

We will learn together, support, laugh and share as we discover the dialectic of both acceptance and change.

Format: Every session begins with a mindfulness exercise, followed by each participant's report on practicing the previous week's skills with brief feedback/coaching by the group leader(s). We will study and practice the skills with an emphasis on specific, understandable, and emotional connections to our lives. The two week schedule allows for ample time to “practice, practice, practice” these skills yourself, as well as with your clients.

Cost: The fee for participating in the Online DBT Skills for Therapists 8 week course is \$360 if paid before the first session. Otherwise, the fee is \$60 per session for a total of \$480. This class is suitable for many continuing education requirements; it is Level B for psychologists.

Contact: For more information or to register, please contact John Mader, LMFT at jmaderlmft@gmail.com or Jeanette Sarbo at jeanette.sarbo@gmail.com

Instructors: John Mader, LMFT and Jeanette Sarbo, PhD

John Mader has a private practice in Chapel Hill and Carrboro, NC as a Licensed Marriage & Family Therapist (LMFT), AAMFT Approved Supervisor, and Certified DBT Clinician. He has completed DBT Intensive training and is on the [Leadership Team of Triangle Area Dialectical Therapy](#) (founded by Meggan Moorhead and Norma Safransky). He has taught DBT Skills Training Groups (beg 1997), DBT Family Skills Training (beg 2004), DBT Skills for Couples (beg 2008) and leads a DBT Consultation Team. His website, dbtfamilyskills.com, provides resources on using DBT skills in relationship.

Dr. Jeanette Sarbo, with degrees in clinical psychology and clinical social work, is an experienced DBT therapist, who continues to be deeply enthusiastic about the healing these skills bring. She began her DBT training in earnest in 1995, and has been co-leading DBT skills training groups for almost twenty years with Dr. Meggan Moorhead. She continues to feel gratitude that learning DBT skills has given so many clients a sense of mastery, competence, and freedom from overwhelming emotional pain. After a lifetime of distress, change is possible.



Information about Triangle Area Dialectical Behavior Therapy at triangleareadbt.com.