

# DBT Skillz for Therapists

## *Emotion Regulation and Mindfulness*

### *Starting January 2023*

Triangle Area DBT, North Carolina

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

Marsha Linehan's DBT Skills Training Manual provides Emotion Regulation Skills for multiple conditions and diagnoses. These skills and handouts not only address some of the most confounding problems clients face--such as, chronic suicidal ideation, self-harming behavior, conflictual 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, and eating disorders.

**Where/When: *Next Module to begin January 10th, 2023.*** The 8 session course typically meets online on **Wednesday mornings, 8:45-10:30am**. Interpersonal Effectiveness skills will follow in September.

#### **Learning Objectives:**

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

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

Understanding the skills experientially is foundational 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 in advance. Otherwise, the fee is \$60 per session for a total of \$480. This class is suitable for many continuing education requirements (with exception of LCMHCs); it is Level B for psychologists.

**Contact:** For more information or to register, please contact John Mader, LMFT at [jmaderlmft@gmail.com](mailto:jmaderlmft@gmail.com) or Jeanette Sarbo at [jeanette.sarbo@gmail.com](mailto: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](http://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 [triangleareadbtt.com](http://triangleareadbtt.com)