

# The DBT Fundamentals

*8 Sessions of DBT Training for Psychotherapists, Educators, and others  
in the Helping Professions. Starting September 2017.*

Chapel Hill, North Carolina

## **The DBT Fundamentals Training: a Trans-Diagnostic Treatment for Emotion Dysregulation**

Dialectical Behavior Therapy (DBT) is a highly effective treatment developed by Marsha M. Linehan, PhD for multi-diagnostic, severely disordered individuals with pervasive emotion dysregulation. While originally developed for difficult-to-treat patients with borderline personality disorder, research has demonstrated that DBT is also effective for individuals with a variety of complex problems, such as eating disorders and substance abuse, where emotion dysregulation is often at the core of the client's problems. DBT, with its dialectical framework, provides a behavioral systems approach also shown to benefit couples and families. DBT has been adapted for use in a variety of settings, including inpatient hospitals, schools, residential programs, and prisons, as well as outpatient clinics.

One of Marsha Linehan's earliest recommendations was that therapists participate in a minimum of 2 days of training in DBT before helping facilitate a Skills Group. The 8 session format will allow greater opportunity to supplement the training with additional resources and practice between sessions.

Benefits of the 14 Hour DBT Introductory Fundamentals Training over 8 Sessions:

1. Gain understanding of these key DBT fundamentals:

- The Development of DBT into a Trans-Diagnostic Treatment for Emotion Dysregulation
- The Structure of DBT: Stages of Treatment and Target Hierarchy
- Understanding Emotion Dysregulation, the Biosocial Theory and the Transactional Model
- When and How to Use the Acceptance Strategies, featuring Validation
- The Behavioral Change Strategies, featuring Problem-Solving
- Overview of DBT Skills of Core Mindfulness, Emotion Regulation, Interpersonal Effectiveness, and Distress Tolerance
- What is Dialectics and How to Use the Dialectical Strategies
- DBT Behavior Chain Analysis and Case Formulation (to identify factors controlling problem behaviors)
- Strategies for Adapting DBT to Unique Settings Using DBT Functions and Modes

2. This training meets one of the basic requirements (along with being on a DBT Team and [providing the 5 Functions/Modes of comprehensive DBT](#)) for therapists to be part of the TADBiT [DBT Therapist Directory](#). For those of you who have been participant-observers in DBT Skills Group or in DBT Skillz for

Therapists, this training provides a theoretical and practical foundation that complements your experiential learning.

3. Participants who complete the 8 sessions will earn a certificate of completion for the 14 hours of training. While past experience indicates that these hours can be applied to certain categories of continuing education for LCSWs and LMFTs, participants assume responsibility to confirm this with the respective licensure boards. For example, it is Level B for psychologists.

#### Who Should Attend?

This course is designed for mental health and other professionals (clergy, teachers, professors, nurses, physicians). Supporting self and others in developing skillful compassion increases effective emotional coping and well-being.

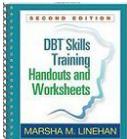
Location: Unity Center of Peace in Chapel Hill, 8800 Seawell School Rd, Chapel Hill, NC 27516

Schedule: 8:45 - 10:30am over 8 Wednesday Mornings

September 6 and 27 October 11 and 25	November 1, 15, and 29 December 13
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Cost: This 14 hours of training will be \$390 if paid by August 15th or \$420 if paid by the first class (\$480 if paid by September 27th). Full-time students can contact us about additional assistance. Cancellations and Refunds – A \$100.00 handling fee will be deducted upon cancellation. Refund requests by email must be received one week before the start date.

For registration instructions, email: [jmaderlmft@gmail.com](mailto:jmaderlmft@gmail.com)



Highly Recommended Books: *DBT® Skills Training Handouts and Worksheets, 2nd Edition*, Marsha Linehan; *Cognitive Behavioral Treatment of Borderline Personality Disorder*. Marsha Linehan; *DBT® Skills Training Manual: 2nd Edition*, Marsha Linehan; *Doing Dialectical Behavior Therapy*, Kelly Koerner; *DBT® Principles in Action: Acceptance, Change, and Dialectics*, Charlie Swenson.

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) and **DBT-Linehan Board of Certification, Certified 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 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.