

RUNNING EFFECTIVE DBT GROUPS

Presented by:

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June 6, 2025 | 9am – 4pm Pacific Time

UBC Robson Square, Vancouver | 6 CE credits

ABOUT THE WORKSHOP

DBT has emerged as an effective, compassionate treatment for people with complex mental health challenges characterized by difficulties with emotion regulation. Evidence supports the use of DBT in reducing suicidal and self-harming behaviour, a range of mental health symptoms, and the use of intensive treatment resources (e.g., hospitalization). One way that DBT addresses these challenges and helps clients build lives worth living is by teaching a variety of practical behavioural skills. Skills training in DBT typically involves a weekly group (approximately 1.5-2.5 hours) in which therapists teach clients mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness skills.

It's one thing to know the skills, and it can be another thing altogether to effectively teach them to complex clients in a group format. Effectively running a DBT skills group involves knowing how to lead mindfulness practices, teach skills in a way that's engaging and inspiring, coach clients in how to use skills in difficult situations, and manage difficult behaviour that comes up during group. This workshop is designed for clinicians who are interested in starting a DBT skills training group and are already familiar with the core DBT mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness skills. It can also be helpful to those wanting to improve the ways in which they are running an existing group.

The primary aim of this workshop is to help prepare clinicians to effectively lead dialectical behaviour therapy (DBT) skills training groups.

TOPICS COVERED

- Structure, functions, and targets of DBT skills training
- Navigating the first half of the group (mindfulness & homework review)
- Targeting behaviour (chain & missing links analysis)
- Effective skills teaching in DBT
- Managing therapy interfering behaviour & special topics

We will use a variety of methods to help clinicians learn how to run effective DBT skills groups and to model DBT principles in doing so, including didactics, active demonstrations, experiential and role-play practices, and videos to facilitate learning. Of note, we may also have access to real videos of portions of skills group taught by Dr. Marsha Linehan, the developer of DBT.

LEARNING OBJECTIVES

- Describe the purpose of DBT skills and skills training groups.
- Describe the targets and structure of DBT skills groups.
- Describe principles for navigating homework review and coaching clients in skills.
- Describe effective methods for teaching the skills.
- Describe principles and strategies for addressing challenging or therapy-interfering behaviours in groups.

This workshop is for clinicians that have already an understanding of DBT skills and are interested in starting or more effectively leading a DBT skills training group. Previous DBT training and/or experience is required, such as our multi-day DBT Skills workshop.

FEES & LOCATION

Early bird rate (until May 4, 2025):

- **\$295 (+GST)** per professional
- **\$250 (+GST)** per student
- Group discounts available. Email info@dbtvancouver.com for more info.

Fees include workshop handouts and slides, morning and afternoon refreshments, plus letter of attendance. Participants are responsible for their own lunch.

Workshop will take place in the HSBC Hall at UBC Robson Square 800 Robson St., downtown Vancouver.

The DBT Centre of Vancouver is approved by the Canadian Psychological Association to offer continuing education for psychologists. Participants are eligible for **6 CE** credits.

REGISTER TODAY!

Go to www.dbtvancouver.com and click on professional development for latest workshop listings or email info@dbtvancouver.com for questions and/or group discount code.

Questions? Call 604-569-1156 or email info@dbtvancouver.com.