



DBT SKILLS TRAINING FOR HEALTHCARE PROFESSIONALS

Fridays from 12:15-1:45 p.m. starting November 3 and ending May 10 over ZOOM.

Training Information:

24-week class with 36 CEU's. for Mental Health Counselors, Social Workers and Nurses. We take time off at Thanksgiving, Christmas, and February vacation.

Please see asterisks below to indicate breaks in schedule.

No scheduled breaks during 90-minute class.

You may bring lunch to eat after we finish mindfulness practice (first 10 minutes).

You may take breaks as needed for yourself and return to ZOOM room ASAP.

You may miss up to 3 classes for emergencies in order to receive CEU credit, there is no partial credit. You will be expected to review material and try to complete homework even if class was missed. You may contact instructor for help in the event of an absence.

If you miss 4 classes in a row, I will assume you have dropped out of the course. There are no refunds for early dropout.

You must always remain on camera during class, and muted unless you are speaking. You will be expected to sign in for class in the chat room, to confirm your attendance.

If you have any questions, please contact instructor, Julie Sanders, LICSW at 508-876-2172 or JCSanderscounseling@gmail.com.

FULL TRAINING SCHEDULE

WEEK NUMBER and DATE	CONTENT	TYPE OF LEARNING
Week 1- Nov. 3, 2023	Introduction to DBT and Theory: TEACH MINDFULNESS – WISE MIND	Experiential -Mindfulness 1- Lecture
Week 2- Nov 10, 2023	Mindfulness Exercise: Eating Raisin, Review Homework: TEACH WHAT/HOW SKILLS	Experiential/Group Discussion Mindfulness 2 - Lecture
Week 3- Nov. 17, 2023. ** Note break for Thanksgiving holiday	Mindfulness Exercise- Mindful walking, Review Homework: TEACH DISTRESS TOLERANCE Stop and TIP	Experiential/Group Discussion Distress Tolerance 1 - Lecture
** Week 4- Dec. 1, 2023	Mindfulness Exercise: Counting the Breath, Review homework: TEACH ACCEPTS/Distract Skills	Experiential/Group Discussion Distress Tolerance 2- Lecture
Week 5- Dec. 8, 2023	Mindfulness Exercise- Video, Review homework: TEACH SELF SOOTHING SKILLS	Experiential/Group Discussion Distress Tolerance 3- Lecture
Week 6- Dec. 15, 2023 **Note break for Holidays	Mindfulness Exercise – PMR. Review Homework, TEACH IMPROVE THE MOMENT	Experiential/Group Discussion Distress Tolerance 4 Lecture
**Week- 7- Jan 5, 2024	Mindfulness Exercise- Guided Meditation, Review Homework, Teach Dialectical Abstinence CLEAR MIND	Experiential/Group Discussion Distress Tolerance 5 – Lecture- SUD
Week 8 – Jan 12, 2024	Mindfulness Exercise- Mindful Awareness from SUD book, Review homework; TEACH BURNING BRIDGES and COMMUNITY REINFORCEMENT	Experiential/Group Discussion Distress Tolerance 6- Lecture SUD
Week 9 – Jan 19, 2024	Mindfulness Exercise- Wise IN, Mind OUT, Review Homework; TEACH ALERNTATE REBELLION/ADAPTIVE DENIAL	Experiential/Group Discussion DISTRESS TOLERANCE 7- Lecture 8 SUD

WEEK NUMBER and DATE	CONTENT	TYPE OF LEARNING
Week 10 – Jan 26, 2024	Mindfulness Exercise- LOVING KINDNESS- Review Homework- TEACH RADICAL ACCEPTANCE/TURNING THE MIND	Experiential/Group Discussion – Distress Tolerance 9- Lecture
Week 11 - Feb 2, 2024	Mindfulness Exercise- Observing Sound- Review Homework, TEACH- WILLINGNESS/HALF SMILE	Experiential/Group Discussion- Distress Tolerance 10- Lecture
Week 12- Feb 9, 2024 (Half way there!)	Mindfulness Exercise- mindfulness of body & emotions, Review Homework- TEACH UNDERSTANDING AND NAMING EMOTIONS	Experiential/Group Discussion- Emotion Regulation 1 - Lecture
Week 13- Feb 16, 2024 ** note break for February school Vacation.	Mindfulness Exercise: Body Scan, Review Homework TEACH OPPOSITE ACTION	Experiential/Group Discussion- Emotion Regulation 2- Lecture
**Week 14 March 1, 2024	Mindfulness Exercise- Mindful Movement, Review Homework, TEACH PROBLEM SOLVING	Experiential/Group Discussion- Emotion Regulation 3- Lecture
Week 15- March 8, 2024	Mindfulness Exercise- Though conveyer belt, Review Homework, TEACH Vulnerability to Emotion Mind- PLEASE MASTER	Experiential/Group Discussion- Emotion Regulation 4 - Lecture
Week 16- March 15. 2024	Mindfulness Exercise- Meditation of Emotion, Review Homework – TEACH MANAGING DIFFICULT EMOTIONS- MINDFULNESS OF CURRENT EMOTIONS	Experiential/Group Discussion- Emotion Regulation 5 - Lecture
Week 17-March 22, 2024	Mindfulness Exercise- Scan with heaviness- Review Homework- TEACH INTERPERSONAL SKILLS- CLARIFYING OBJECTIVES/INTERPERSONAL MYTHS	Experiential/Group Discussion- Interpersonal Effectiveness 1- Lecture

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Week 18- March 29, 2024	Mindfulness Exercise- LOVING KINDNESS, Review Homework- TEACH DEAR MAN	Experiential/Group Discussion- Interpersonal Effectiveness 2- Lecture
Week 19-April 5, 2024	Mindfulness Exercise- TBD- Review Homework, TEACH GIVE/FAST SKILLS	Experiential/Group Discussion- Interpersonal Effectiveness 3- Lecture
Week 20-April 12 2024	Mindfulness Exercise- TBD Review Homework, TEACH FACTORS TO CONSIDER-DIME GAME	Experiential/Group Discussion- Interpersonal Effectiveness 4- Lecture
Week 21, April 19, 2024	Mindfulness Exercise- TBD, Review Homework- TEACH TROUBLE SHOOTING	Experiential/Group Discussion- Interpersonal Effectiveness 5- Lecture
Week 22- April 26, 2024	Mindfulness Exercise- TBD, Review Homework; Teach Building Relationship and Ending Destructive Ones	Experiential/Group Discussion- Interpersonal Effectiveness 6 Lecture
Week 23-May 3, 2024	Mindfulness Exercise- TBD, Review Homework, TEACH Finding and Getting People to Like You	Experiential/Group Discussion- Interpersonal Effectiveness 7 Lecture
Week 24 May 10, 2024	Mindfulness Exercise- TBD, Review Homework, TEACH MINDFULNESS OF OTHERS/GRADUATION-FINAL EVALUATIONS DUE	Experiential/Group Discussion- Interpersonal Effectiveness 8 Lecture GRADUATION AND FINAL EVALUTIONS DUE