

DBN Elite™

Dialectical Behavior Therapy

Instructor: Dr. Bita Sharifzadeh, OPQ # 10884-07 Email: info.elite@dbn.life	Class Instruction: Online at the student's own pace.
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Course Syllabus

Please verify that the course satisfies the requirements that you require to receive your psychotherapy permit. Students can expect to devote 2 hours of personal time (e.g. course readings, exam prep, research) for every 1 hour of lecture time.

Course Description

The Dialectical Behaviour Therapy course (45 hours or 3 credits) is designed for students who wish to learn and develop their skills in DBT. Students will learn the fundamentals of this therapeutic approach as well as the many different exercises that can be used with a variety of clients.

Learning Objectives

By the end of this course, students will achieve the following outcomes:

- 1- Understand the basic principles of Dialectical Behaviour Therapy.
- 2- Appropriately analyze different behaviours.
- 3- Identify the different uses of skills and their benefits in treating emotional dysregulation.
- 4- Accurately identify the qualities of each skill set that can benefit a client.
- 5- Set specific goals.

Course Overview

Each lecture of this course will develop on the use of DBT in group and individual therapeutic settings through a practical approach. Equipped with a variety of concrete examples, the skills

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learnt throughout these lectures will allow students to gain knowledge of exercises for emotional dysregulation, anger management and stress.

Required Texts

Linehan, M.M. (2014) *DBT skills training manual* (2nd ed.). The Guilford Press.

McKay, M., Wood, J.C., & Brantly, J. (2019). *The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance* (2nd ed.) New Harbinger Publication Inc.

Course Evaluation

The course is pass/fail, with a passing grade being 75%.

-Midterm Exam (30%): The midterm exam will consist of 20 multiple choice questions that assess your knowledge of DBT based on lectures 1-4.

-Application of Individual DBT Assignment (10%): The assignment includes 3 exercises where your understanding of the model and the DBT skills training knowledge will be identified. Assignment instructions and rubric will be posted on the DBN Elite website.

-Group Skills Training Assignment (10%): This assignment will include 2 exercises in which your understanding of skills training will be developed. Assignment instructions and rubric will be posted on the DBN Elite website.

-Final Exam (50%): The final exam will consist of 30 multiple choice questions that assess your knowledge of DBT. The questions will reflect the course in its entirety.

Course Schedule

<i>Lecture Number</i>	<i>Topics Covered</i>	<i>Reading(s)</i>
1	<i>Introduction to DBT:</i> <ul style="list-style-type: none"> - Rational for DBT Skills training - Planning to Conduct DBT - Structuring DBT Sessions - Treatment Targets and Procedures - Application 	Linehan, 2014 Chapters 1-5
2	<i>General Skills</i> <ul style="list-style-type: none"> - Goals & Introduction to Skills Training - Orientation - Biosocial Theory of Emotion Dysregulation - Analyzing Behaviour & Chain Analysis 	Linehan, 2014 Chapter 6
3	<i>Mindfulness Skills</i> <ul style="list-style-type: none"> - Goals of Mindfulness - Core Mindfulness Skills - Observing 	Linehan, 2014 Chapter 7 McKay, Wood, & Brantly 2019, Chapters 4-6
4	<i>Interpersonal Effectiveness Skills</i> <ul style="list-style-type: none"> - Goals of Interpersonal Skills - Factors Reducing Interpersonal Effectiveness - Overview of Core Interpersonal Effectiveness Skills - Objectives of Effectiveness Skills - Relationships Effectiveness Skills - Validation 	Linehan, 2014 Chapter 8 McKay, Wood, & Brantly 2019, Chapters 9-10
	<i>Midterm covering Lectures 1-4</i>	
5	<i>Emotion Regulation Skills</i> <ul style="list-style-type: none"> - Understanding & Naming Emotions - Changing Unwanted Emotions - Reducing Vulnerability to 	Linehan, 2014 Chapter 9 McKay, Wood, & Brantly 2019, Chapters 8-9

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	Emotion Mind - Managing Extreme Emotions	
6	<i>Distress Tolerance Skills</i> - Crisis Survival Skills - Reality Acceptance Skills - Skills for When the Crisis is Addiction	Linehan, 2014 Chapter 10 McKay, Wood, & Brantly 2019, Chapters 1-3
	<i>Assignments due & Final exam (Covering All Lectures)</i>	

Hour Breakdown

In-Class

Task	Number of Hours
Lecture Time	15 hours
Lecture readings	27 hours
Exams (Midterm & Final)	3 hours
TOTAL IN-CLASS TIME	45 hours

Outside of Class

Task	Number of Hours
Assignments	25 hours
Readings	45 hours
Final Exam Prep	20 hours
TOTAL OUT OF CLASS TIME	90 HOURS

TOTAL COURSE	135 HOURS
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