



Spectrum Training

Dialectical Behaviour Therapy Skills in Action

A series of three 2 ½ hour sessions presented live on-line via Zoom.

Session 1: November 6th: Overview & Mindfulness

Session 2: November 13th: Distress Tolerance & Emotional Regulation

Session 3: November 27th: Interpersonal Effectiveness & Setting up/enhancing DBT skills group

Times: Each session is from 10.00am to 12.30pm

These training sessions are designed to give a brief overview of the theory underpinning DBT and to provide ideas for practical implementation of the DBT skills. They are introductory in nature and would be best suited for those starting to deliver DBT skills groups or facilitate DBT-informed individual therapy. The workshops will give a broad overview of each DBT skills module, and also teach several specific skills from each module in detail.

The training is designed as a 3-part series with each session building on the previous (therefore attendance in all three parts is essential).

The training will be interactive, involving didactic learning augmented with role play, discussion and exercises.

Series Fee: \$100

To register for this event, please follow the link below. A Zoom meeting invitation will be provided closer to each of the three sessions.

<https://www.eventbrite.com.au/e/spectrum-training-dialectical-behaviour-therapy-skills-in-action-registration-124353439485>

If you have any questions regarding this training event, please contact:

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easternhealth