**Assessment of 2 Day Intensive Dialectical Behaviour (DBT) Therapy Training**

Circle the most appropriate:

1. **Dialectical Behaviour Therapy is similar to Cognitive Behaviour Therapy**

A It is the same with a few extra skills

B It is based on CBT but has other strategies added in

C It is similar to CBT but includes Acceptance, Validation and Dialectic Strategies

1. **Dialectics is the art or practice of arriving at the truth by the exchange of logical arguments and in DBT it is a way of finding a middle path for a ‘new’ truth to be developed from other truths.**
2. This is the way DBT helps patients become more flexible
3. This is the way DBT directs the Therapist to interact
4. This is the basis of all therapy strategies in DBT
5. **The aim of using Dialectical strategies is helpful for clients who experience Emotion Regulation problems because it helps them develop a less rigid frame of thinking and helps the worker/therapist communicate with them.**
6. The Therapist/worker is the only person in this therapy to use Dialectical Strategies
7. The Therapist/worker helps the client learn to use Dialectical Strategies
8. The aim of Dialectical Behaviour Therapy is for everyone to use Dialectical Strategies
9. **In Dialectical Behaviour Therapy everyone works for the client**
10. The Therapist/worker works in consultation with the client but the Primary Psychiatrist makes all the decisions
11. The Therapist/worker and the Skills Trainer are the main decision makers in DBT Treatment
12. The Therapist/worker, Skills Trainer, Psychiatrist, Phone Coach and Consult Team all work for the Client
13. **The purpose of Phone Coaching is for Crisis Management and has a 24hour rule and 10 minute limit.**

A. These 2 rules should not be broken by the individual therapist/worker who is the recommended phone coach.

B The Therapist/worker is the phone coach and can make decisions and vary the above rules

C. The Skills Trainer is the Phone coach and has to abide by the time rules

1. **In Standard Dialectical Behaviour Therapy (DBT)it is a requirement that the four Core Skills of DBT to be taught over a 12 month period. The commitment from the client and the therapy team is for this period of time.**
2. The Therapist/worker can vary this commitment
3. The Client can vary this commitment
4. The Therapy team and the client must agree to this commitment if working within the researched model
5. The Client after consultation with the therapy team can defer to a later module
6. **DBT Therapy is now evidenced based to assist help anyone suffering from emotion regulation problems from many varied diagnoses.**
7. True
8. False

**Evaluation of Dialectical Behaviour Therapy Training**

**Day 1**

Biosocial Therapy of Borderline Personality Disorder, DSM1V/V, Description of Dialectical Behaviour Therapy and Statistics

* 5 Functions of Treatment, Standards and Modes of Treatment, Researched Model of DBT description

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| --- |
| * Dialectics and Validation |
| * Strategies of Encouragement, Genuineness, DBT Styles of communication |
| * Pre-Treatment Stage, Orienting and Commitment Strategies, Goals, Patients and Therapists/workers Agreements |
| * Stages and Targets of Treatment - Hierarchy of Targets’ i.e.Life Threatening Behaviour, Therapy Interfering Behaviour, Quality of Life Interfering behaviour. |

Did you find the information helpful ? Adequate Very Helpful

Any Comments:

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| * Individual DBT Therapy, Crisis Intervention, Diary Cards, Chain Analysis   ‘ |
| Did you find the information helpful ? Adequate Very Helpful |
|  |
| * Implementing DBT in a System, DBT Consultation Team Agreements   Did you find the information helpful ? Adequate Very helpful  Any Comments: |

* How to Phone coach, manage clients in crisis, Pros and Cons

Did you find the information helpful? Adequate Very Helpful

Any comments:

**Teaching of Wise Mind Skill with Creative Exercise**

How do you rate the teaching of the ‘Wise Mind Skill’ ? Adequate Very Helpful

Any comments:

**CREATIVE EXERCISE ‘Wise Mind Skill”**

Did you find using a creative exercise alongside the skill a helpful tool? No Yes

Do you think patients/clients would find this way of learning skills by adding a creative exercise helpful? No Yes

Any comments:

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| --- |
| **Day 2**  Skills Training Group, Group Rules, Four skills of DBT  **Skills Training Modules:** |
| * Mindfulness, |
| * Distress Tolerance |

Did practicing the Skill of Mindfulness help you understand the concept ? Yes No

Do you think the Skills of Distress Tolerance would assist clients? Yes No

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| --- |
| **Skills Training modules**   * Emotional Regulation |
| * Interpersonal Effectiveness |
| Did you find the information on the Emotional Regulation Module helpful? Yes No |

Any Comments:

Did you find the teaching of the Interpersonal Effectiveness module helpful? Yes No

Any Comments:

**Design of a Chain Analysis participants’ example**

Did you find this role play helpful and did you understand how Chain Analysis helps to aid the therapeutic engagement?

Partly Adequately Extremely

**Role Play by training participants in teaching skills**

Did you find this role play helpful?

Partly Adequately Extremely

Did you find the information in the training met your needs Partly Fully

How do you rate your confidence to use DBT in your practice/work from 0-5?

0 represents no DBT knowledge 0 1 to 5 is your knowledge of DBT training

Pre training Post Training

Did the venue meet your needs?

Did you find the facilitator explained the DBT mode of treatment well?

Partly Adequately Extremely

Where did you hear about this training?

Is there anything in the training you wish to comment on: