



## **10-Day Comprehensive Training in Dialectical Behavior Therapy (DBT)**

### **Part I: Theory, Structure, Targets and Treatment Strategies**

**Dr. Alan Fruzzetti**

**Las Vegas, NV 18 CE Credits**

#### **Part I, Day 1: Wednesday, September 11<sup>th</sup>, 2019**

- 8:00 Registration
- 8:30 – 10:00 Introduction and Overview of Training
- 10:00 – 10:15 Break
- 10:15 – 12:00 Why learn DBT: DBT as evidence-based treatment; DBT Theory & Structure of Treatment.
- 12:00 – 1:30 Lunch on your own
- 1:30 – 2:45 DBT Theory & Structure of Treatment continued; Modes and Functions of Treatment
- 2:45 – 3:00 Break
- 3:00 – 4:30 Modes and Functions of Treatment continued; Introduction to Mindfulness.
- 4:30 End of workshop

#### **Part I, Day 2: Thursday, September 12<sup>th</sup>, 2019**

- 8:30 – 10:00 Mindfulness; DBT in different treatment settings.
- 10:00 – 10:15 Break
- 10:15 – 12:00 Structure: Levels of Disorder, Stages of Treatment, Treatment Targets.
- 12:00 – 1:30 Lunch on your own
- 1:30 – 2:45 Understanding primary and secondary emotions; Change Strategies and Behavior Therapy
- 2:45 – 3:00 Break
- 3:00 – 4:30 Change Strategies and Behavior Therapy continued.
- 4:30 End of workshop

#### **Part I, Day 3: Friday, September 13<sup>th</sup>, 2019**

- 8:30 – 10:00 Mindfulness; Change Procedures: modern Behavior Therapy in DBT continued
- 10:00 – 10:15 Break
- 10:15 – 12:00 Managing Crisis behaviors and In-Session dysregulation; Validation & DBT
- 12:00 – 1:30 Lunch on your own
- 1:30 – 2:45 Dialectics, Part 2; Reciprocal & Irreverent communication strategies
- 2:45 – 3:00 Break
- 3:00 – 4:30 Consultation to the Patient and environmental intervention; homework and practice.
- 4:30 End of workshop