



---

**10-Day Comprehensive Training in Dialectical Behavior Therapy (DBT)  
Part II: DBT Skills, Skill Training and Skill Coaching  
Dr. Alan Fruzzetti  
Las Vegas, NV 18 CE Credits**

**SCHEDULE:**

**Part II, Day 1: Monday, May 13th, 2019**

8:00 Registration  
8:30 – 10:00 Skill Training: skill acquisition  
10:00 – 10:15 Break  
10:15 – 12:00 Skill Training: skill strengthening  
12:00 – 1:30 Lunch on your own  
1:30 – 3:00 Skill Training: skill strengthening  
3:00 – 3:15 Break  
3:15 – 4:30 Skill Training: skill generalization  
4:30 End of workshop

**Part II, Day 2: Tuesday, May 14<sup>th</sup>, 2019**

8:30 – 10:00 Skill Module Overviews: more on mindfulness  
10:00 – 10:15 Break  
10:15 – 12:00 Distress tolerance; emotion regulation  
12:00 – 1:30 Lunch on your own  
1:30 – 3:00 Interpersonal effectiveness; self-validation and validating others  
3:00 – 3:15 Break  
3:15 – 4:30 Validating others; other skills  
4:30 End of workshop

**Part II, Day 3: Wednesday, May 15<sup>th</sup>, 2019**

8:30 – 10:00 Skill coaching: Continuity of Care Across the System  
10:00 – 10:15 Break  
10:15 – 12:00 Skill coaching: Continuity of Care Across the System  
12:00 – 1:30 Lunch on your own  
1:30 – 3:00 Skill coaching: Continuity of Care Across the System  
3:00 – 3:15 Break  
3:15 – 4:30 Skill coaching: Continuity of Care Across the System  
4:30 End of workshop