



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

Part II, Day 1: Wednesday, October 30th, 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: Thursday, October 31st, 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: Friday, November 1st, 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