



## 2 DAY DIALECTICAL BEHAVIOUR THERAPY INFORMED INTENSIVE TRAINING WITH OPTIONAL ART EXERCISES

Expressive Therapy Clinic programs are endorsed for professional development points with:



Cat B 10 Hrs PD.  
10



10PD Points



*"This activity has been endorsed  
by APNA according to approved  
quality standards criteria."  
16 Hrs PD*



Australian  
Nursing &  
Midwifery  
Federation

*This online learning module is endorsed  
by Australian Nursing and Midwifery  
Federation (ANMF).  
16 Hrs pd*

Listed for professional development on Australian Psychological Society  
(APS)website for 16Hrs PD.

AASW no longer endorses any non AASW courses – All Expressive Therapy  
Courses were previously endorsed and are now advertised in the AASW Newsletter.

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**2 DAY DIALECTICAL BEHAVIOUR THERAPY INFORMED  
INTENSIVE TRAINING WITH  
ACCOMPANYING ART EXERCISES**

<b>Page No.</b>	<b>Subject</b>
1-8	Introduction – Biosocial Theory of Borderline Personality Disorder (BPD), DSM IV, V. Description of DBT, Australian and USA Statistics.
9-20	Five functions of Treatment, 2015 New DBT Training Manual, Standards and Modes of Treatment, Researched Model of DBT description, The Four Modules of DBT, Adults and Adolescents., Assumptions in DBT
21-30	The Styles of DBT, Validation, Dialectics, Encouragement, Genuineness, Irreverent Communication
31-40	Pre-Treatment Stage, Client/Therapist agreements, Hierarchy of Targets, Primary and Secondary Targets of DBT
40-63 <b><u>5 Quick Skills</u></b>	Individual DBT Therapy, Session structure and timing, Crisis intervention, Risk factors for suicide, Phone coaching, How to handle calls when your client is lonely, Treating willfullnss when it shows up, Diary Card, 5 Quick DBT Skills (TIPP, STOPP, Check the Facts, Coping Ahead, States of Mind Wise Mind) Chain Analysis, Environmental intervention. Discussion of Adult and Adolescent Training Manuals
<b>SKILLS</b> 63-67	Mindfulness What and How Skills
68-72	Distress Tolerance Wise Mind Accepts – Distraction, Self-soothe
73-76	Improve the Moment
77-81	Reality/Radical Acceptance
81-83	Emotional Regulation – Model of Emotions, Functions and Actions of Emotions, Opposite Action,
83-88	Validate your Vulnerabilities, Know your Triggers, Primary and Secondary Emotions, Mindfulness to current emotions, Managing extreme emotions.
89-93	Chemistry, Labeling emotions, Reducing Vulnerability, Building relationships and ending destructive relationships, Increase positive emotions, Coping Ahead, Decrease emotional suffering
93-98	Interpersonal Effectiveness – Goals, DEAR MAN GIVE FAST, Factors reducing Interpersonal Effectiveness
99-104	Small 'ME' Managing Emotions Program for Clients, Variety of Skills Training Groups
104-106	Setting up Skills Training Groups, Rules, Timing
107-111	Walking the Middle Path, Exclusion criteria, Implementing DBT into a System, DBT Consultation Team Agreements, Structure of a Consult Team,
112-115	Resources
116-121	Evaluation