DBT Skills: Distress Tolerance and Emotion Regulation: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



DBT Skills: Distress Tolerance and Emotion Regulation: Facilitator Pack

Teaching the course to a group

A facilitator pack · 3 sessions · for trainers

TALKING THERAPIES UK

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First edition, 2026.

This pack accompanies the course “DBT Skills: Distress Tolerance and Emotion Regulation” on Talking Therapies UK Training & CPD and its course book. It is drawn from the course and is kept current with it: whenever the course changes, the pack is set again.

This printing was set on 27 October 2026 from the course as it stood that day.

A note on teaching from this pack. It supports qualified trainers and supervisors teaching within their competence. Running the course from it does not award the course’s CPD certificate, which participants gain by completing the course online.

Set in Poppins and Roboto, the Talking Therapies UK typefaces.

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How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “DBT Skills: Distress Tolerance and Emotion Regulation” to a group: a session for each of its 3 modules, with timed plans, the points to draw out, group activities and discussion questions, the course’s assessment with answers, an attendance register and an evaluation form.

Part 1 sets out the course and how to plan it. Part 2 has a timed plan for each session, built from the course’s own modules, lessons and practice tasks; read it with the module it teaches. Part 3 holds the course’s assessment with its answers, an attendance register and an evaluation form.

What this pack covers

- Plan the course as 3 sessions
- Follow a timed plan for each session
- Draw out each lesson’s key points
- Run each lesson’s practice task as a group activity
- Check understanding with the course’s own questions
- Keep a register and gather evaluations

PART 1

Planning the course

What the course covers, who it is for, and how to run it.

CHAPTER 1

About DBT Skills: Distress Tolerance and Emotion Regulation

This advanced practitioner course offers a rigorous exploration of the Distress Tolerance and Emotion Regulation modules within Dialectical Behaviour Therapy, designed to deepen clinical competence in managing acute crises and fostering emotional stability. Participants will engage with the full spectrum of distress tolerance skills, mastering crisis survival techniques such as TIP, self-soothing, and the ACCEPTS method to endure unbearable moments without exacerbating the situation. The curriculum also emphasises the critical practice of radical acceptance and turning the mind, providing a framework for peace when reality is immutable. In the emotion regulation section, learners will advance their understanding of emotional processing, learning to identify triggers, distinguish between emotions and thoughts, and reduce vulnerability through the PLEASE skills. The course details specific interventions, including Opposite Action to modify intense feelings and Checking Facts to challenge cognitive distortions. By addressing common clinical pitfalls and integrating these strategies into practice, this training empowers clinicians to guide clients effectively towards a balanced life, ensuring they possess the practical tools necessary for sustainable recovery. This module is essential for professionals seeking to refine their therapeutic approach and improve client outcomes in high-stress environments.

By the end of the course, participants will be able to

- Teach crisis-survival skills: STOP, TIP, distraction and self-soothing, with rehearsal
- Teach radical acceptance and willingness against wilfulness
- Coach the emotion-regulation model: prompting events, interpretations, responses and after-effects
- Teach vulnerability reduction with PLEASE and pleasant-events scheduling
- Coach opposite action with correctly identified emotions and urges
- Judge which module a moment calls for: tolerating this crisis or regulating the pattern

Who it is for

The course is pitched at practitioners with a foundation in the subject who want to apply it with more confidence.

At a glance

- 3 sessions of about 195 minutes, one for each of the course's modules.
- The online course is accredited for 10 hours of CPD.
- Each participant needs the course book, or access to the online course, for reading between sessions.

CHAPTER 2

Planning the sessions

Run one session for each module, a week or a fortnight apart, so that participants can read the module and try its practice task between sessions. The sessions can also be run as a block over two or three days.

OVERVIEW

The course at a glance

Session	Module	Lessons	Time
1	Core Distress Tolerance and Crisis Survival Skills	4	195 minutes
2	Trauma-Informed Distress Tolerance and Emotion Identification	4	195 minutes
3	Emotion Regulation Strategies and Resilience Building	5	195 minutes

The group

- Six to sixteen participants: enough for small-group work, few enough for everyone to contribute.
- Agree ground rules at the first session: confidentiality, respect for different experience, and how participants will speak about their own clients (with nothing that could identify them).
- Ask before the course about access needs, and send any reading a week ahead.

What you need

- A copy of this pack, and the course book or the online course for each participant.
- A flipchart or whiteboard, and space for groups of three or four to work.
- Printed copies of the attendance register and the evaluation form in Part 3, which you may copy for the groups you run.

Keeping it safe

Training about psychological difficulties can bring up participants' own experience. Say at the start that anyone may step out, have someone available to talk to afterwards, and know where to point a participant who is struggling: their GP, their own supervisor or employee assistance programme, or Samaritans on 116 123.