DBT Skills: Interpersonal Effectiveness and Delivery: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



DBT Skills: Interpersonal Effectiveness and Delivery: Facilitator Pack

Teaching the course to a group

A facilitator pack · 4 sessions · for trainers

TALKING THERAPIES UK

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First edition, 2026.

This pack accompanies the course “DBT Skills: Interpersonal Effectiveness and Delivery” 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.

Revision 2. This printing was set on 9 November 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: Interpersonal Effectiveness and Delivery” to a group: a session for each of its 4 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 4 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: Interpersonal Effectiveness and Delivery

This advanced module provides a comprehensive deep dive into Interpersonal Effectiveness, equipping clinicians with the precise strategies needed to ask for what they want, refuse requests effectively, and negotiate compromises that simultaneously preserve self-respect and maintain relationships. Participants will master the DEAR MAN, GIVE, and FAST acronyms, learning to apply these tools in high-stress situations to navigate social interactions with clarity and assertiveness. The curriculum places a strong emphasis on the GRRR acronym—Goals, Reality, Risks, and Reinforcers—ensuring that learners can critically weigh the pros and cons of their actions to achieve long-term objectives while establishing healthy boundaries. The second component of this training shifts the focus from individual skill acquisition to the rigorous systemic delivery of Dialectical Behaviour Therapy. Participants will explore the stringent standards required to run DBT skills training groups with fidelity, covering session structure, homework review, and the implementation of role-play exercises. The course provides an in-depth look at the Consultation Team model, which is essential for therapist support and accountability, and addresses common operational challenges such as client dropout, resistance, and crisis management. Finally, the training guides experienced clinicians in adapting the manualized protocol to meet the diverse needs of clients without compromising the integrity of the evidence-based model.

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

- Teach objective effectiveness with DEAR MAN, with realistic scripting and rehearsal
- Teach relationship effectiveness with GIVE and self-respect effectiveness with FAST
- Coach intensity calibration: how strongly to ask or refuse, and when to let go
- Run skills groups: structure, pacing, homework review and managing group process
- Coach skills generalisation between sessions within sustainable boundaries
- Weave all four modules into coherent responses to real client situations

Who it is for

The course is pitched at experienced practitioners working with complex presentations, who already use the approach in their practice.

At a glance

- 4 sessions of about 210 minutes, one for each of the course's modules.
- The online course is accredited for 14 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	Foundations of Interpersonal Effectiveness Skills	4	210 minutes
2	Emotion Regulation and Advanced Validation in Interpersonal Effectiveness	5	210 minutes
3	Radical Genuineness and Group Skill Delivery	5	210 minutes
4	Fidelity, Adaptation, and Safety in DBT Groups	5	210 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.