Advanced DBT-Informed Work with Dysregulation: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Advanced DBT-Informed Work with Dysregulation: 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 “Advanced DBT-Informed Work with Dysregulation” 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 3. This printing was set on 10 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 “Advanced DBT-Informed Work with Dysregulation” 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 Advanced DBT-Informed Work with Dysregulation

Behind every crisis behaviour sits a pattern, and behind the pattern sits a dilemma. Advanced DBT works at that second level: the dialectical dilemmas and secondary targets that explain why the same storms recur, and the treatment strategy that shifts them. This course teaches that level of the model, for experienced practitioners working with significant dysregulation.

You will study the three classic dialectical dilemmas, emotional vulnerability against self-invalidation, active passivity against apparent competence, unrelenting crisis against inhibited grieving, and learn to formulate and treat the secondary targets they generate. You will examine the consultation team as DBT's treatment for the treater, the structure that keeps clinicians within the frame and within their own skin. The second module widens the lens: Lynch's Radically Open DBT and the overcontrolled presentations standard DBT was never designed for, and the dysregulation lens applied across diagnoses, from eating disorders to substance use.

Extended written lessons with key points and case-strategy practice tasks, supported by a study tutor. Fourteen hours of CPD, around a year of access, a final assessment, and a personalised certificate on passing. For clinicians who want DBT's full intellectual depth.

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

- Apply DBT-informed practice to severe, chronic dysregulation, self-harm and suicidal behaviour within your service's limits
- Balance change and acceptance strategies moment to moment with highly sensitised clients
- Manage therapy-interfering behaviour, your own included, dialectically
- Use telephone-coaching principles and inter-session contact within clear, sustainable boundaries
- Apply the consultation-team ethos to protect fidelity and prevent burnout
- Evaluate the DBT evidence base, including adaptations and what full-programme delivery adds

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	Dialectical Dilemmas and Treatment Hierarchy	5	210 minutes
2	Secondary Targets and Advanced Formulation	5	210 minutes
3	Overcontrol, Shame, and Biosocial Formulation	5	210 minutes
4	Radical Openness and Therapeutic Integration	4	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.