Teaching Dialectical Behavioural Therapy (DBT) Skills: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Teaching Dialectical Behavioural Therapy (DBT) Skills: Facilitator Pack

Teaching the course to a group

A facilitator pack · 4 sessions · for trainers

TALKING THERAPIES UK

First edition · 2026

Published by Talking Therapies UK, talkingtherapies.co.uk.

Copyright © 2026 Talking Therapies UK. All rights reserved.

The moral right of the author has been asserted. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means without the prior written permission of the publisher, except for brief quotations in a review, and except that the licensee may copy the session plans, the attendance register and the evaluation form for the groups they run.

First edition, 2026.

This pack accompanies the course “Teaching Dialectical Behavioural Therapy (DBT) Skills” 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.

Contents

How to use this pack 1

Part 1 Planning the course 3

1. About Teaching Dialectical Behavioural Therapy (DBT) Skills 4
2. Planning the sessions 6

How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “Teaching Dialectical Behavioural Therapy (DBT) Skills” 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 Teaching Dialectical Behavioural Therapy (DBT) Skills

This advanced continuing professional development extension is meticulously grounded in established cognitive-behavioural and dialectical behaviour therapy evidence bases, incorporating contemporary empirical insights into complex clinical presentations. Designed specifically for experienced practitioners, this thirty-hour advanced course equips clinicians to master the pedagogical delivery and sophisticated clinical application of Dialectical Behavioural Therapy skills within modern UK mental health settings. Learners will examine the deep philosophical underpinnings of the modality, mastering the dialectical stance and exploring how to balance acceptance and change strategies while maintaining a rigorous biosocial theory framework that accounts for individual lived experiences, including intersectional identities through the lens of Social GGRRAAACCEEESSS. Through the first comprehensive module, participants study the foundations of the dialectical stance and emotion regulation, investigating core emotion regulation skills derived from Linehan's model to help clients identify, understand, and modify intense emotional states safely and effectively. The curriculum then progresses into interpersonal effectiveness and distress tolerance, focusing closely on the mastery and teaching of complex relational techniques such as DEAR MAN, alongside crisis-survival strategies including TIPP and the foundational practice of radical acceptance for managing acute distress without making situations worse. A core clinical emphasis is placed upon behavioural chain analysis and target hierarchies, enabling clinicians to conduct systematic investigations of problematic target behaviours, meticulously untangling triggering events, vulnerability factors, and consequences while strictly prioritising treatment targets in highly complex and multi-diagnostic cases. Moving into advanced clinical territory, the final module covers advanced applications such as walking the middle path and resolving clinical impasses, equipping practitioners with advanced dialectical strategies for balancing opposing forces, validating seemingly invalidating behaviours, and successfully navigating severe therapeutic stalemates. Throughout the learning journey, the curriculum strongly emphasises experiential learning, clinical formulation, and nuanced case conceptualisation to support effective, ethical, and transformative real-world application across multidisciplinary UK practice settings.

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

- Demonstrate the practical application of the dialectical stance by balancing validation with strategies for behavioural change.
- Implement core emotion regulation skills including Opposite Action and Check the Facts in clinical practice.
- Apply structured interpersonal frameworks such as DEAR MAN to enhance assertive communication and reduce relational conflict.
- Utilise physiological distress tolerance interventions including TIPP to manage acute emotional crises effectively.

- Synthesise complex clinical formulations using behavioural chain analysis to address therapy-interfering behaviours.

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 150 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	Foundations of Dialectical Stance and Emotion Regulation	3	150 minutes
2	Interpersonal Effectiveness and Distress Tolerance	3	150 minutes
3	Behavioural Chain Analysis and Target Hierarchies	3	150 minutes
4	Advanced Application: Walking the Middle Path and Clinical Impasses	3	150 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.