# DBT Skills Foundations: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



# DBT Skills Foundations: Facilitator Pack

Teaching the course to a group

A facilitator pack · 2 sessions · for trainers

**TALKING THERAPIES UK**

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First edition, 2026.

This pack accompanies the course “DBT Skills Foundations” 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 DBT Skills Foundations . . . . . 4
2. Planning the sessions . . . . . 5

# How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “DBT Skills Foundations” to a group: a session for each of its 2 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 2 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 Foundations

Dialectical Behaviour Therapy was built for the clients other treatments could not hold: lives organised around emotional storms, self-harm and relationships that repeatedly break. Its answer, a precise synthesis of acceptance and change, has become essential knowledge across mental health work. This course teaches its foundations, for trainees and professionals who need to understand DBT properly.

You will begin with why DBT exists: Linehan's biosocial theory, in which biological emotional vulnerability meets an invalidating environment and each amplifies the other, and the dialectical stance itself, holding radical acceptance of the person and insistence on change in the same hand. The second module surveys the four skills modules that operationalise the treatment: mindfulness and distress tolerance, the acceptance pair that gets people through crises without making them worse, and emotion regulation and interpersonal effectiveness, the change pair that builds a life less governed by storm.

Full written lessons, each with key points and a practice task, because DBT skills are learned by rehearsal, with a built-in study tutor available throughout. Six hours of CPD, around six months of access, a final assessment, and a personalised certificate on passing.

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

- Explain the biosocial model of emotion dysregulation and its treatment implications
- Describe the four DBT skills modules and what each teaches
- Teach core mindfulness skills: observe, describe and participate, one-mindfully, non-judgementally, effectively
- Coach basic distress tolerance skills for crisis moments, including TIP and self-soothing
- Describe the dialectical stance: acceptance of this moment and work for change held together
- Recognise when a client's difficulties call for full-programme DBT and refer accordingly

## Who it is for

The course is pitched at practitioners and trainees meeting the subject for the first time, and colleagues in allied roles who want a grounding in it.

## At a glance

- 2 sessions of about 180 minutes, one for each of the course's modules.
- The online course is accredited for 6 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 | Why DBT exists | 5 | 180 minutes |
| 2 | The four skills modules | 4 | 180 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.