DBT-Informed Practice: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



DBT-Informed Practice: 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-Informed Practice” 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-Informed Practice" 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-Informed Practice

Full-programme DBT is a team treatment, but its structures and stance can transform ordinary clinical work when borrowed with discipline. This course teaches exactly that: DBT's working machinery for practitioners bringing it into individual therapy, community teams and settings without a full programme.

The first module teaches the structures. You will learn chain analysis done properly, the forensic, collaborative reconstruction of one episode of target behaviour that locates every point where a skill could have changed the ending, and the discipline that surrounds it: the target hierarchy that decides what gets session time, and diary cards that make a week visible at a glance. The second module teaches the stance under fire: the six levels of validation and how to hold them with a client in extremis, balancing acceptance and change moment by moment, and an honest reckoning with what DBT-informed practice can and cannot claim relative to the full evidence-based programme.

Substantial written lessons with key points and clinically demanding practice tasks, with a study tutor throughout. Ten hours of CPD with around nine months of access, a final assessment, and a personalised certificate on passing.

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

- Deliver skills teaching in the emotion regulation module, from naming emotions to opposite action
- Coach interpersonal effectiveness skills, including DEAR MAN, GIVE and FAST, with rehearsal
- Conduct a chain analysis of a problem behaviour and build a solution analysis onto it
- Use validation strategically, at the right level, as the acceptance side of the dialectic
- Apply DBT-informed structure, including diary cards and skills coaching, in individual work
- Hold the hierarchy of treatment targets when sessions pull in every direction

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	Diary Cards for Functional Analysis	5	195 minutes
2	Case Formulation and Dialectical Balance	5	195 minutes
3	Sustaining the Dialectical Stance	3	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.