

~ Agenda ~

DAY 1

9:00 - Welcome & Housekeeping

9:10 - I. DBT: Introduction

*10:15- Break*

10:30 - II. Nuts and bolts: How DBT works

*12:00 - LUNCH*

1:00 - III. DBT in action

*2:30 - Break*

2:45 - IV. Strategies during therapy

*4:30 - END*

DAY 2

9:00 - Welcome & Mindfulness

9:10 - I. Case conceptualization

*10:15 - BREAK*

10:30 - II. Q & A and case consultation

*12:00 - LUNCH*

1:00 - III. DBT skills

*2:30 - Break*

2:45 - IV. DBT Skills

4:00 - V. Summation, discussion, resources

*4:30 - END*