

ANNUAL UW COMPREHENSIVE DBT TRAINING

**For post-graduate clinicians
looking to learn how to deliver
Dialectical Behavior Therapy or
refresh their skills!**



**LEARN FROM KATE COMTOIS,
ADAM CARMEL, AND OTHER
SEATTLE AREA DBT EXPERTS**



**COMPREHENSIVE CURRICULUM, UP
TO 36 HOURS**



**COLLABORATIVE AND ENGAGING
LEARNING ENVIRONMENT**

QUESTIONS?



uwcspar.org



cspartrainings@uw.edu

**REVIEW DETAILS
& REGISTER**



PROGRAM DETAILS

WORKSHOP

- introduction to DBT theory, structure, and treatment strategies
- focus on behavioral analysis, commitment, and crisis response

SEMINAR

- covers theoretical underpinnings and major strategies of DBT, as well as applications with adolescents
- involves weekly reading, homework, and a self-graded final exam

TRAINING OPTIONS

- 1) Workshop only
- 2) Workshop with seminar series

PRICE

- varies based on licensure and affiliation
- reduced rates for UW SOM, SCH, and VA Puget Sound clinicians

Two-day Workshop

July 7th & 14th, 2025
9:00 AM – 4:30 PM PST
Live via Zoom

Seminar Series

July 21st – December 15th, 2025
Mondays, 11:30 AM – 1:00 PM PST
Live via Zoom