

2025 Comprehensive DBT Training Workshop & Seminar Series Schedule

Workshop

Mondays, 9:00am – 4:30pm, Via Zoom

Date	Topic	Speaker	Reading / Homework
07/07	Introduction to DBT theory, structure, major strategies	Kate Comtois, PhD, MPH	<ul style="list-style-type: none"> Text Ch. 1-4* Optional: Text Ch. 5-6
07/14	Specific concepts and strategies related to DBT including orientation, commitment, suicide intervention, & observing limits	Adam Carmel, PhD	<ul style="list-style-type: none"> Text Ch. 14, 15 and pg. 281-291 Optional: Text Ch. 9 and 10

Advanced DBT Seminar Series

Mondays, 11:30am – 1:00pm, Via Zoom

#	Date	Topic	Speaker <i>Subject to Change</i>	Reading / Homework
1	7/21	Skills Training: Mindfulness	Adam Carmel, PhD	<ul style="list-style-type: none"> Text: pg. 329-343, Skills Manual: Part 1 & Ch. 7 Workbook: Mindfulness Skills (pg. 45-107) Check out Mindfulness Exercises for DBT Therapists
2	7/28	Skills Training: Distress Tolerance	Kate Comtois, PhD, MPH	<ul style="list-style-type: none"> Skills Manual: Distress Tolerance Workbook: Distress Tolerance
3	8/4	Skills Training: Emotion Regulation	Freda Liu, PhD	<ul style="list-style-type: none"> Skills Manual: Emotion Regulation Workbook: Emotion Regulation
4	8/11	Skills Training: Interpersonal Skills	Shannon Sorenson, PhD	<ul style="list-style-type: none"> Skills Manual: Interpersonal Skills Workbook: Interpersonal Skills
5	8/18	Didactic, insight, orienting, & commitment strategies	Adam Carmel, PhD	<ul style="list-style-type: none"> Text: pg. 265-291
6	8/25	Treating In Session Therapy Behavior	Kate Comtois, PhD, MPH	<p>Chapters 1-9 from: Tsai, M., Kohlenberg, R. J., Kanter, J. W., Holman, G., & Plummer, L. M. (2012). Functional analytic psychotherapy: Distinctive features. Taylor & Francis Group.</p> <p>Therapist diary card completed for at least 3 consecutive weeks, 5 of 7 days. Have for class.</p>
	9/1	No Session		

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Last Updated: 05/08/2025

7	9/8	Phone Coaching	Andrew Fleming, PhD	<ul style="list-style-type: none"> Text: pg. 104, 188-190, 497-504 Article: Errors Made by Therapists Providing Telephone Consultation (Manning, 2011)
8	9/15	Validation II	Ashley Connors, LMHC	<ul style="list-style-type: none"> Text: Ch. 8 Article: Ch 17_Validation & Psychotherapy (Linehan, 1997)
9	9/22	Behavioral Analysis II and Solution Analysis	Hilary Mead, PhD	<ul style="list-style-type: none"> Text: pg. 97-98, 173-186, 276-278, 289-290 Other: Landes (2018) chapter
10	9/29	Cognitive Modification	Lily Assaad, PhD	<ul style="list-style-type: none"> Text: pg. 117-119, 423-434
11	10/6	Secondary Targets	Dorian Hunter, PhD	<ul style="list-style-type: none"> Text: pg. 66-94 and 160-164
12	10/13 No live session	<i>Asynchronous Review of pre-recorded presentation on Case Management</i>	Jon Reeves, PhD	<ul style="list-style-type: none"> Text: Ch. 13
13	10/20	Exposure	Nicole Stettler, PhD	<ul style="list-style-type: none"> Text: pg. 343-358 Exposure therapy for anxiety principles and practice (Abramowitz et al., 2012) Ch. 1, 2, 6, & 5
14	10/27	Stylistic Strategies	Alisa Breetz, PhD	<ul style="list-style-type: none"> Text: Ch. 12
15	11/3	DBT Consultation Team	Jessica Blayney, PhD	<ul style="list-style-type: none"> Text: pg. 117-119, 423-434
16	11/10 No live session	<i>Asynchronous Review of pre-recorded presentation on Adolescent DBT</i>	Kyrill Gurtovenko, PhD	<ul style="list-style-type: none"> Text: Chap 8, 9, & 10 (Ch 5 optional) Article: DBT Skills Manual for Adolescents (Rath's & Miller, 2015) Article: Efficacy of DBT for Adolescents at High Risk for Suicide (McCauley et al 2018)
17	11/17	Case Formulation - I	Kate Comtois, PhD, MPH	<ul style="list-style-type: none"> Text: Ch. 1-3,
18	11/24	Case Formulation - II	Kate Comtois, PhD, MPH	<ul style="list-style-type: none"> Text Ch. 1-3, Article: Ch 13 Case Formulation in DBT (Koerner & Linehan, 1997) <p>Have case formulation for class</p>
19	12/1	Contingency Management & Observing Limits	Jon Reeves, PhD	<ul style="list-style-type: none"> Text: Ch. 10 Article: Don't Shoot the Dog (Pryor, 2006)
20	12/8	Dialectical Strategies	Grace Gu, PhD	<ul style="list-style-type: none"> Text: Ch. 7 <p>Peer Review Case Formulation Due</p>
21	12/15	Integrating DBT Principles & Strategies	Adam Carmel, PhD	Online closed and open book exam due by noon