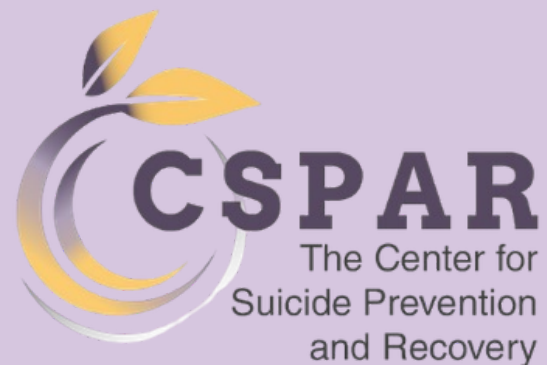


UW Medicine

DEPARTMENT OF PSYCHIATRY  
AND BEHAVIORAL SCIENCES



# 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](http://uwcspar.org)

 [cspartrainings@uw.edu](mailto: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 13 & 20, 2026  
9:00 AM - 4:30 PM PT  
Live via Zoom

## Seminar Series

July 27 - December 14, 2026  
Mondays, 8:30 - 10:00 AM PT  
Live via Zoom