

## **Feedback from DBT Skills Training day on 1<sup>st</sup> July 2013**

No of attendants: 23

No of people offering feedback: 22

### **❖ What aspects of the training have you found helpful?**

- All of it – thinking about the content in terms of DBT
- Presentations that drew on clinical experience and were easy to relate to.
- Exercises, particularly risk and crisis management in how we as individuals and as a team respond.
- Revisiting principles of DBT and opportunity to discuss the more emotive aspects of managing risk with these type of young people.
- Actually having a go at some of the DBT skills such as mindfulness.
- Thinking about risk and how that impacts on us and interesting book ref.
- Chain analysis helped pick a scenario apart and recognise emotional response.
- Self-soothing and wise mind ACCEPTS has given me good tips.
- Very informative especially the final sessions on knowing that life can be difficult at times and we may all suffer sometimes.
- Prompted thoughts on mindfulness and therapy and ‘reality’ challenging
- Doing ‘stuff’/experiential aspects
- Suicide stuff
- All of it! Very informative and interesting information shared. Also enjoyed practical exercises
- Understanding the basics of DBT
- Moving around doing different task not just being talked to.
- Experiencing some of the things young people experience (i.e., mindfulness).
- Learning about typical behaviours of someone with BPD and how DBT can help.
- Chain analysis was particularly helpful.
- All useful – risk assessment discussion very good.
- Really liked the chaining exercise. Risk discussion
- Teaching and experiential sessions
- All of it! – especially theory which I knew less about
- All of it was in depth and helpful
- Very informative
- Mindfulness skills
- Small group stuff
- The facilitator’s style – informal and open. The reminders of the overarching philosophy of DBT, especially validation and acceptance.

### **❖ Could you tell us about any aspects that you found less helpful?**

- The music, only because I shut myself off from any particular feelings and only thought of Twin Peaks!
- Could have had more background theory
- None of it!
- All useful
- Nothing was unhelpful, looking forward to more training in DBT
- All helpful – good overview of DBT with young people
- All information was interesting and relevant
- I found the whole day helpful

Left blank on 14 forms

#### **❖ What difference will today's training make to your practice**

- Huge difference in helping me to integrate to my workplace where DBT is embedded
- Help me realise in my practice that I use similar ideas, so validating but also helped me build on my current practice
- Ideas to take back to the team for an away day and my own clinical practice.
- Definitely use the chaining exercise
- Will continue to support this approach to therapeutic treatment in my work place
- Being confident to stress within my team that these young people need joint working.
- Refreshing our DBT teaching skills is always helpful.
- Chain analysis was something new to me but will be useful in 1-1 sessions in the future.
- I will endeavour to practice mindfulness and will hopefully understand more about the DBT ethos at the Riverside Unit.
- I will have much more knowledge which I can take into my every day practice.
- Thinking about how I experience risky clients
- More bravery with client work
- More mindfulness stuff
- More able to apply information to DBT groups that I work in.
- Really understanding the principles of chaining will help me to be able to use this in practice to evaluate how a person got to their behaviour.
- Better understanding of BPD and DBT. Will use mindfulness and distress tolerance with clients, even if they have BPD.
- Good framework to use individually with some young people I'm currently working with.
- Formalisation of some of the concepts that I've picked up through practical experience.
- I will include examples of more self soothing and distraction techniques in my work for young people to help them generate ideas.
- It will be very helpful
- Will enable me to work more effectively individually and in group settings
- More skills to use in sessions with young people

- I'll be more likely to use chaining as a therapeutic technique and to feel more confident in my skills generally as this has refreshed my previous DBT training
- Some really useful ideas to use with young people.

❖ **Any other comments**

- To continue to develop team knowledge and skills in this area
- More DBT, this has been a great starting place.
- The chain analysis was very useful
- Further training would be great.
- More DBT, really interesting and welcoming
- Great, Thank you!
- Just to say thank you very much for all the information and a very well delivered day.
- Very enjoyable and informative.
- Excellent quality speakers!

No negative comments reported.

## **Overview**

Both written and verbal feedback from this workshop indicates that it was very well received by the attendees. Indeed no one articulated any aspects of the workshop which they had found to be unhelpful. The majority of respondents' feedback that the training had been a great refresher, strengthened their confidence in using DBT and overall would have a positive contribution to their clinical practice. For some the information and ideas that were collected were felt to be useful to take back and thought about in their teams.

Overall, there seemed to be a strong request for a follow up day to be organised on aspects of DBT skills that could not feasibly covered in one day. This would be something that as organisers we would be very much interested in following up on.

Caroline Mercier and Tracey Henderson