

# REPORT FOR FPSA

Name: Steve Miller

Course Title: Skills Training in Dialectical Behaviour Therapy

Date: 11 – 12 November 2010

Location: Holiday Inn, Telford

Provider: British Isles DBT Training

## Course Description

The two day workshop was largely focused on providing for the large group of participants with a level of understanding and practical knowledge of the skills utilised in DBT.

The course began with a brief overview of DBT's origins, along with the underpinning theories. The workshop's participants were from a variety of professional backgrounds within the mental health services (including adults as well as adolescents), and had a varying level of experience with DBT.

The course leader (Janet Feigenbaum) is both an experienced practitioner and teacher. This was a course that had clearly been run many times; and as such it was smoothly and professionally presented throughout. Further, every effort was made to be very inclusive, meeting the learning needs of almost everyone.

Although, because of the large group size, a significant amount of the presentations had to be done didactical, slides and the presentation style was lively and engaging.

The structure of the workshop was to go through the four key concepts of DBT (Mindfulness, Interpersonal Effectiveness, Distress Tolerance and Emotion Regulation), and with each concept go through a variety of tools that can be used most effectively. The presenters utilised a blend of research and clinical experience to support claims with strong evidence. They were clearly passionate about this therapeutic approach, and their enthusiasm was infectious.

The venue was good, and successfully coped with the needs of a large group. All in all it was successful run by skilled facilitators and organised by a highly competent training provider. I would have no hesitation in recommending and of the British Isles DBT Training courses on DBT, and have every intention of attending another of their courses later this year (DBT for Adolescents).

Steve Miller

24 January 2011