

# DBT Skills Training (Dialectical Behaviour Therapy)



## Who is this for?

This DBT Skills Training is for anyone who wants to **build emotional resilience, improve communication, and manage life's challenges** with more balance and clarity. It's ideal for individuals who struggle with overwhelm, impulsivity, or relationship tension and are ready to learn proven strategies for emotional control and self-acceptance. It's **extremely valuable for practitioners, therapists, coaches, and wellbeing professionals** who want to become DBT-informed, deepening their toolkit with a structured, **evidence-based approach** that enhances client outcomes and professional confidence and credibility.

Module 1: Mindfulness		Module 2: Distress Tolerance	
Mon 5 Jan	Orientation to DBT & biosocial theory	Mon 16 Mar	Goals of distress tolerance; when to use these skills
Mon 12 Jan	Goals of mindfulness; "States of Mind" (Emotion, Reasonable, Wise)	Mon 23 Mar	STOP skill
Mon 19 Jan	"What" skills – Observe	Mon 30 Mar	Pros and Cons
Mon 26 Jan	"What" skills – Describe	Wed 8 Apr	TIP skills (change body chemistry)
Mon 2 Feb	"What" skills – Participate	Mon 13 Apr	Distracting (ACCEPTS)
Mon 9 Feb	"How" skills – Non-judgmentally	Mon 20 Apr	Self-soothing (five senses)
Mon 16 Feb	"How" skills – One-mindfully	Mon 27 Apr	IMPROVE the moment
Mon 23 Feb	"How" skills – Effectively	Wed 6 May	Radical Acceptance
Mon 2 Mar	Applying mindfulness to emotions & relationships	Mon 11 May	Turning the Mind & Willingness
Mon 9 Mar	Review and generalisation across settings	Mon 18 May	Half-smile, Willing Hands & Mindfulness of Thoughts
Module 3: Emotion Regulation		Module 4: Interpersonal Effectiveness	
Mon 1 Jun	Goals of emotion regulation	Mon 10 Aug	Goals of interpersonal effectiveness
Mon 8 Jun	Understanding and naming emotions (functions of emotions)	Mon 17 Aug	Clarifying priorities: objectives, relationships, self-respect
Mon 15 Jun	Myths about emotions	Mon 24 Aug	Factors that interfere with effectiveness
Mon 22 Jun	Model for describing emotions	Wed 2 Sep	DEAR MAN – requesting and saying no
Mon 29 Jun	Check the Facts	Mon 7 Sep	GIVE skills – maintaining relationships
Mon 6 Jul	Opposite Action and Problem Solving	Mon 14 Sep	FAST skills – maintaining self-respect
Mon 13 Jul	Building Positive Emotions (short-term & long-term)	Mon 21 Sep	The Dime Game – intensity of asking or refusing
Mon 20 Jul	Build Mastery and Cope Ahead	Mon 28 Sep	Validation and self-validation
Mon 27 Jul	PLEASE skills (reduce vulnerability to Emotion Mind)	Mon 5 Oct	Managing conflict, myths, and dialectical thinking
Mon 3 Aug	Mindfulness of Current Emotions & Troubleshooting	Mon 12 Oct	Review and integration

Each Session is from midday - 1:30pm

## Why is DBT Valuable?

DBT (Dialectical Behaviour Therapy) is one of the **most extensively researched psychological interventions in modern clinical practice**. Originally developed by Dr Marsha Linehan, it's been **scientifically validated** across hundreds of studies for reducing emotional dysregulation, self-harm, suicidal behaviours, and impulsivity.

Over time, research has shown DBT's effectiveness far beyond its original use for borderline personality disorder—**it's now proven to help with anxiety, depression, ADHD, addictions, trauma, and burnout**. Unlike purely insight-based therapies, DBT combines cognitive science with mindfulness and behavioural change, teaching practical, repeatable skills that physically reshape neural pathways responsible for stress and emotional control. You know it's worth learning because it works: clients consistently report improved emotional stability, stronger relationships, and better quality of life and practitioners gain a framework that's as structured as it is compassionate.

# What is the Purpose of the Modules?

## 🌟 Module 1 – Mindfulness:

Participants learn to observe their thoughts, emotions and behaviours without judgment, developing self-awareness and emotional steadiness. These skills build the foundation for all other DBT modules, helping clients respond with intention rather than impulse.

## 🔥 Module 2 – Distress Tolerance:

This module equips participants with crisis-survival and reality-acceptance techniques so they can cope safely during intense emotional distress. They gain practical strategies to reduce harm and maintain stability instead of escalating or avoiding pain.

## 💛 Module 3 – Emotion Regulation:

Here, participants learn to understand, name and manage their emotions more effectively. They discover how to reduce emotional vulnerability, strengthen positive feelings and make thoughtful choices rather than reacting automatically.

## 💬 Module 4 – Interpersonal Effectiveness:

This module teaches assertive communication and boundary-setting skills to improve relationships and self-respect. Participants learn how to ask for what they need, say no confidently, and handle conflict without damaging connection or self-esteem.

# Who Will Teach Me?



Gemma Bailey has completed the **British Psychological Society Approved DBT Training** and completed DBT Skills Training with Dr Marsha Linehan (the founder of DBT). She additionally holds a DBT Diploma. She has achieved three separate accreditations in DBT and successfully integrated the approach into her therapeutic and coaching practice.

Participants can choose to **study one 10-week module at a time** or complete all four. Each 90-minute weekly session is delivered live online, combining structured teaching, guided discussion, and practical application. **All sessions are recorded** to ensure continuity, and every participant receives detailed worksheets for each module, or the full DBT workbook when enrolling in the complete programme.

# Will I Be Certificated?

Module-by-module learners receive a Certificate of Attendance for Personal Development (titled with the module you attended), whilst full-programme graduates who are already practising therapeutically, earn recognition as DBT-Informed Practitioner. Training is entirely online, flexible, and recorded for replay.

## Early-Bird Prices (until 2026) 🐦

~~£250~~ £180 per module (10 weeks each) – Dates and times confirmed early next week

👉 Book a single module here: <https://peopleb.infusionsoft.com/app/orderForms/DBT-Modules>

~~£849~~ £594 for the full four-module course – Dates and times confirmed early next week

👉 Book the full DBT training here: <https://peopleb.infusionsoft.com/app/orderForms/DBT-Full-Training>