

2021 UW Psychiatry Department DBT Seminar Schedule

Tuesdays, 6:30-8:00pm via Zoom

Text refers to Linehan's original (1993) book *Cognitive-Behavior Treatment of Borderline Personality Disorder*

Articles can be found on the [DBT Seminar Additional Readings page](#)

Date	Presenter	Topic	Readings & Homework Assignments
7/20	Freda Liu	Skills Training Mindfulness	Text pg. 329-343, Skills Manual Part 1 & Ch. 7 Workbook: Mindfulness Skills (pg. 45-107) Checkout Mindfulness Exercises for DBT Therapists
7/27	Kate Comtois	Distress Tolerance	Skills Manual & Workbook: Distress Tolerance
8/3	Freda Liu	Emotion Regulation	Skills Manual & Workbook: Emotion Regulation
8/10	Freda Liu	Interpersonal skills	Skills Manual & Workbook: Interpersonal Skills
8/17	Kate Comtois	Targeting and Linking to Goals	Text Ch. 4-6, pg. 250-265, 275-281 Koerner & Linehan Article Therapist diary card completed for at least 3 consecutive weeks, 5 of 7 days. Have on hand for class.
8/24	Nicole Stettler	Didactic, insight, orienting, & commitment strategies	Text pg. 265-291
8/31	Jessica Blayney	DBT Consultation Team	Text pg. 117-119, 423-434
9/7	Andrew Fleming	Phone Coaching	Text pg. 104, 188-190, 497-504 Manning article
9/14	Jenna Melman	Validation II	Text Ch. 8, and Linehan, 1997 Article
9/21	Kate Comtois	Case Formulation – I	Text Ch. 1-3, Have case formulation on hand for class
9/28	Kate Comtois	Case Formulation – II	Text Ch. 1-3, Koerner & Linehan chapter
10/5	Kyrill Gurtovenko	Adolescent DBT	Miller, Rathus, & Linehan Text: Chap 8, 9, & 10 (Ch 5 opt) Linehand, McCauley, Adrian, et al., 2018 (Adolescent RCT)

10/12	Blair Kleiber	Contingency Mgmt. & Observing Limits	Text Ch. 10 and Don't Shoot the Dog (Karyn Pryor)
10/19	Dorian Hunter	Secondary Targets	Text pg. 66-94 and 160-164
10/26	Nicole Stettler	Exposure	Text pg. 343-358 Abramowitz et al. (2012) Text, Ch. 1, 2, 6, & 5
11/2	Liz LoTempio	Cognitive Modification	Text pg. 117-119, 423-434
11/9	Hilary Mead	Behavioral Analysis II and Solution Analysis	Text pg. 97-98, 173-186, 276-278, 289-290
11/16	Liz LoTempio	Stylistic Strategies	Text Ch. 12
11/23	Thanksgiving week	No Class	
11/30	Kyrill Gurtovenko	Case Management	Text Ch. 13
12/7	TBD	Dialectical Strategies	Text Ch. 7
12/14	Adam Carmel	Integrating DBT Principles & Strategies	Online closed and open book exam due by noon