

2022 UW Psychiatry Department DBT Seminar Schedule

Mondays, 11:30am-1:00pm 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	Topic	Readings & Homework Assignments
7/25	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
8/1	Distress Tolerance	Skills Manual & Workbook: Distress Tolerance
8/8	Emotion Regulation	Skills Manual & Workbook: Emotion Regulation
8/15	Interpersonal skills	Skills Manual & Workbook: Interpersonal Skills
8/22	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.
8/29	Didactic, insight, orienting, & commitment strategies	Text pg. 265-291
9/5	No Class	
9/12	DBT Consultation Team	Text pg. 117-119, 423-434
9/19	Phone Coaching	Text pg. 104, 188-190, 497-504 Manning article
9/26	Validation II	Text Ch. 8, and Linehan, 1997 Article
10/3	Case Formulation – I	Text Ch. 1-3, Have case formulation on hand for class
10/10	Case Formulation – II	Text Ch. 1-3, Koerner & Linehan chapter

10/17	Adolescent DBT	Miller, Rathus, & Linehan Text: Chap 8, 9, & 10 (Ch 5 opt) Linehan, McCauley, Adrian, et al., 2018 (Adolescent RCT)
10/24	Contingency Mgmt. & Observing Limits	Text Ch. 10 and Don't Shoot the Dog (Karyn Pryor)
10/31	Secondary Targets	Text pg. 66-94 and 160-164
11/7	Exposure	Text pg. 343-358 Abramowitz et al. (2012) Text, Ch. 1, 2, 6, & 5
11/14	Cognitive Modification	Text pg. 117-119, 423-434
11/21	Behavioral Analysis II and Solution Analysis	Text pg. 97-98, 173-186, 276-278, 289-290
11/28	Stylistic Strategies	Text Ch. 12
12/5	Case Management	Text Ch. 13
12/12	Dialectical Strategies	Text Ch. 7
12/19	Integrating DBT Principles & Strategies	Online closed and open book exam due by noon