

DBT SKILLS TRAINING

DR. KRYSTLE MARTIN PHD, CPSYCH

COURSE STRUCTURE

This fifteen-hour, five-module online workshop covers the essential elements on four of Dialectical Behaviour Therapy's core skills, plus a special module on facilitating effective skills training groups:

	Skills Module	Date	Time	CE Credit*
1	Mindfulness	February 4, 2022	09:00am – 12:15pm EST	3 hours
2	Distress Tolerance	February 11, 2022	09:00am – 12:15pm EST	3 hours
3	Emotion Regulation	February 18, 2022	09:00am – 12:15pm EST	3 hours
4	Interpersonal Effectiveness	February 25, 2022	09:00am – 12:15pm EST	3 hours
5	Effective Skills Training Groups	February 4, 2022	12:45pm – 04:00pm EST	3 hours

**each 3-hour session includes a 15-minute break*

Participants will have the opportunity to practice these skills in the workshop and learn through lecture, role-plays, and discussions that illustrate specific teaching points. In addition to learning the skills above, participants will learn about the evidence supporting the effectiveness of DBT skills training and the role it plays within the broader context of DBT.

LEARNING OUTCOMES

After completing the workshop, participants will be able to:

- Identify and appreciate the importance of four core DBT skills: Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness
- Employ key methods for teaching each skill and strengthening them in others
- Use effective strategies to deal with objections to skills acquisition or reluctance to using them
- Incorporate core DBT skills into individual sessions and structure a basic skills training group

ABOUT THE PRESENTER



Dr. Martin is a licensed clinical and forensic psychologist registered with the College of Psychologists of Ontario. Her focus in private practice is divided between clients who struggle with emotion dysregulation (mainly those diagnosed with borderline personality disorder) and individuals who have experienced a workplace trauma (mostly first responders). She regularly provides training and supervision for clinicians in the delivery of Dialectical Behaviour Therapy (DBT).

Dr. Martin consults for the Durham Regional Police Service (DRPS) about employee mental health. In addition to providing critical incident stress support, she regularly teaches in their police training centre about mental wellness, resilience, trauma, and de-escalation. She also works at Ontario Shores Centre for Mental Health Sciences as a Research Scientist and is a graduate faculty member of Ontario Tech University and York University where she is currently supervising several graduate students.