



7 December 2023

This verifies that the individual listed below completed the
DBT Skills Training: Fundamentals

Nada Bassam Koussa

Course Faculty: Basma Kilani, MSc
Location: DBT MENA | Amman, Jordan
Date: 25 - 26 November 2023 | 2 - 3 December 2023

About this Training

Skills training is one of multiple modes of treatment delivery in comprehensive DBT. This course is an in-depth training in the Dialectical Behavior Therapy (DBT) Skills: Core Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness, as well as the structure and methods required to help patients move from skills acquisition to generalization of skills into their natural environments.

Participants learn about the function of skills training in DBT, the structure of a DBT skills training program, the content of each skills module, and the targets for DBT skills training. The intended purpose of the various skills and the rationale (including the evidence) for their inclusion in the treatment are addressed. It also provides an overview of the manner in which DBT conceptualizes problems, as well as the behavior change, validation, and dialectical strategies used across all modes of the treatment. This course has 16 fundamentals modules for a total of 24 instructor-led hours.

Clinical examples are used to illustrate specific skills training procedures. Video of roundtable discussions of DBT experts, and demonstrations of a skills training class are incorporated. Each module includes reading and homework tasks. This live instructor-led course is intended for those who are ready to make a serious commitment to the implementation of DBT Skills training in order to more effectively serve their program participants. For those who want to implement a full DBT program we recommend completion of the comprehensive *Dialectical Behavior Therapy Intensive Training*.

Best Regards,

Anthony P. DuBose, PsyD
Vice President for Institute Services & Director of CE/CME
Behavioral Tech Institute