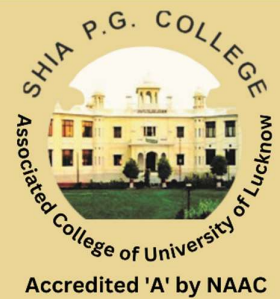




Indian Mental Health & Research Center
& Shia P.G. College (NAAC 'A' accredited)
affiliated to University of Lucknow
introduces NEP based



Certificate Course

DIALECTICAL BEHAVIOR THERAPY (DBT)

Supervision & Training

This 4 Credit Certificate course is designed to provide trainees with a comprehensive understanding of the theory, principles and practical applications of DBT.

Trainees will gain in-depth knowledge and skills to effectively apply DBT techniques in clinical settings, empowering them to work with individuals experiencing emotional dysregulation, self-destructive behaviors and address complex mental health challenges.

Course Facilitator:

Ms. Saima Ayyub

*Assistant Professor & Clinical
Psychologist*

M.Phil. Clinical Psychology

RCI CRR: A65372



Course Coordinator:

Dr. Mohd Ali

Assistant Professor

Department of Education, Shia P.G. College



ONLINE MODE

DURATION

3 Months

**(Lecture, Case discussion,
Therapy demonstration)**

ELIGIBILITY

**P.G. in Psychology/Clinical,
Counselling, Forensic
Psychology/Social
Work/Sociology/
MD Psychiatry/M.Phil.
Clinical Psychology/PhD**

SCAN TO REGISTER



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Apply Now 

COURSE CONTENT

Fee: Rs 10000/-

Course Duration:

3 Months (Lecture, Case discussion, therapy demonstration)

Weekend classes

Eligibility:

P.G. in Psychology/ Clinical, Counselling, Forensic Psychology/MD Psychiatry/Social Work/ Sociology/M.Phil. Clinical Psychology/ PDCP/PG Diploma Guidance & Counselling

Objectives of the Program:

1. To establish a systematized structure for curative, preventive and promotive Dialectical behavioural practice, training, and supervision in India.
2. To work towards capacity building by establishing a network of trained multi-disciplinary DBT therapists in the country.
3. To establish high quality ethical and professional standards in intervention.
4. Describe and discuss the biosocial developmental and dialectical theory.
5. Describe and discuss some core strategies used in DBT, such as validation and chain analysis.
6. Describe and discuss ways to run a DBT Skills group.

COURSE CONTENT

Credit: 4 Credits

Programme Structure:

Lecture	Tutorial	Practical
1	1	2

Online Lectures	Tutorials & Practical
4 hours per week	16 hours per week

Module-1

- Overview of the course
- Introduction to Dialectical Behaviour Therapy (DBT) and its evolution
- Cultural adaption of DBT
- Essential skills for DBT therapist
- Feasibility of DBT: Number of sessions, durations
- Indications and contraindications of Dialectical Behaviour Therapy
- Quiz questions

Module-2: Orientation and Analysing behaviour

- Assessment and Case Conceptualization
- Areas of Dysregulation: Signs that DBT may be helpful.
- Theoretical model

- Stages of treatment; organizing treatment targets hierarchically

Module-3 Treatment Overview & Other Perspectives on core techniques

- **DBT Skills**

- **Distress Tolerance**
- The STOP Skill
- Changing Your Body Chemistry
- Using Cold Water
- Paired Muscle Relaxation,
- Effective Rethinking and Paired Relaxation
- Self-Soothing
- Body Scan Meditation
- Sensory Awareness

Emotion Regulation

- What Emotions Do for You Emotion Regulation
- What Makes It Hard to Regulate Your Emotions Emotion Regulation
- Myths about Emotions Emotion Regulation
- Model for Describing Emotions Emotion Regulation
- Ways to Describe Emotions
- Pleasant Events List Emotion Regulation

Interpersonal Effectiveness

- Goals of Interpersonal Effectiveness Interpersonal Effectiveness
- Factors in the Way of Interpersonal Effectiveness Interpersonal Effectiveness
- Myths in the Way of Interpersonal Effectiveness Handouts for Obtaining Objectives Skillfully Interpersonal Effectiveness
- Overview—Obtaining Objectives Skillfully Interpersonal Effectiveness Quiz questions

Mindfulness

- Overview—Other Perspectives on Mindfulness
- Goals of Mindfulness Practice—A Spiritual Perspective Mindfulness
- Wise Mind from a Spiritual Perspective
- Skilful Means—Balancing Doing Mind and Being Mind Mindfulness
- Ideas for Practicing Balancing Doing Mind and Being Mind Mindfulness
- Walking the Middle Path—Finding the Synthesis between Opposites