

## **Clinical Intervention Training**

Full-day event allowing for exceptional interaction (7 hours of CE credit) exploring specific clinical issues.

Thursday, 8:30 a.m. – 5:00 p.m.

### **Clinical Intervention Training**

#### **Updates in Emotion Regulation and Crisis Survival Skills: Integrating DBT Skills into Clinical Practice**

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Moderate level of familiarity with the material

The need for emotion regulation skills is universal. Individuals entering psychotherapy are often emotionally intense and labile — frequently angry, intensely frustrated, depressed, sad, or anxious. Difficulties in regulating painful emotions is often a central component of many different behavioral disorders. Many individuals try to regulate emotions by instructing themselves not to feel whatever it is that they feel or by other suppression techniques. This over-simplistic style is rarely effective long-term and only sometimes effective short-term. Others regulate via dysfunctional behavioral styles, which further exacerbate the emotion regulation problems. Instruction and coaching in emotion regulation skills and strategies for getting through crises without making things worse is often necessary in psychotherapy no matter what the approach and no matter what the presenting problem.

Dialectical Behavior Therapy (DBT) is an empirically supported treatment for individuals with severe emotion regulation problems. Part of the treatment consists of teaching and coaching individuals in very specific emotion-regulation and crisis-survival skills. This clinical intervention training session will present an overview of these specific skills, including advances that have been made to the original skills set in DBT, and participants will learn how to integrate these skills into their clinical practice.

#### **Learning Objectives**

- Understanding of the key emotion-regulation and crisis-survival skills
- Understand worksheets related to DBT emotion-regulation skills.
- Strategies for teaching emotion-regulation skills

**Recommended Readings:** Linehan, M. M. (1993a). *Cognitive-behavioral therapy for borderline personality disorder*. New York: Guilford.