



DBT Helps College Students with Emotional Dysregulation

DBT: A Life-Saving, Cognitive-Behavioral Treatment

Growing numbers of college students are presenting to their college counseling centers with a variety of serious psychological problems, including suicidal thoughts, self-injury, eating disorders, depression, and anxiety. Dialectical Behavior Therapy (DBT) is an effective treatment for college students because it has the ability to treat the most severely distressed students, as well as a broader range of students who are in need of coping skills to more effectively regulate emotions.

A randomized controlled trial with suicidal college students showed that DBT resulted in significantly

greater improvements in suicidal thoughts, self-harm, depression, borderline personality disorder traits, and social adjustment than an optimized version of typical treatment at a college counseling center. In addition, a second randomized controlled trial with college students with a broad range of mental health problems found that a DBT skills training group was more acceptable and effective than a positive psychotherapy group when delivered as an adjunctive treatment to typical individual therapy at a college counseling center.

How DBT Helps

The standard DBT model includes four primary components of treatment (individual therapy, group skills training, phone coaching, and team consultation), and this model is recommended for college counseling centers wishing to treat students that are severely distressed and suicidal. Many college counseling centers have focused on offering a DBT skills training group as an adjunctive treatment. DBT skills training groups teach four sets of skills that are likely to be relevant to a broad range of students.

Mindfulness skills help students develop the ability to control what they pay attention to and for how long, while also helping them to be in the present moment instead of worrying about future stressors. Distress tolerance skills help students develop the ability to get through difficult situations without making them worse, such as learning how to self-soothe after a break-up or distracting as a way of coping with a poorly matched roommate. Interpersonal effectiveness skills help students develop the ability to interact effectively with others. Finally, emotion regulation skills help students to more effectively manage and change their emotional responses.



Learn DBT with Behavioral Tech

Behavioral Tech is a DBT training company founded by the original developer of DBT, Dr. Marsha Linehan. We have provided DBT training based on the latest research developments since 1997 to over 40,000 people. Whether you are: 1) an individual practitioner or 2) the administrator of a complex system, our expert trainers and varied learning formats can help you meet your DBT training goals. We work with you to implement comprehensive DBT according to the evidence-based model while adapting it to the specific needs of your clinic and clients.

Levels of Training

Four levels of training help you navigate the process of learning DBT. If you have any questions, please contact us at 206-675-8588 or info@behavioraltech.org.

Level 1 - Introductory

Learn about DBT and assess if DBT is right for your practice and your clients.

Level 2 - Essentials

Level 2 options address the essentials of behavior therapy, DBT, and other treatments. These courses are appropriate for clinicians and providers at every stage of professional development.

Level 3 - Comprehensive Training in Standard DBT

Level 3 trainings are the best choice for individuals and teams who seek in-depth training to start a DBT program or train new staff members. These options also meet criteria for DBT certification and are required for anyone interested in Level 4 training.

Level 4 - Advanced Training and Adaptations

Level 4 trainings allow experienced DBT therapists to advance and sustain their DBT knowledge. Learn how to adapt DBT for specific client populations or choose an advanced training designed to address the needs of seasoned DBT clinicians. Advanced trainings are led by world-renowned DBT experts who have pioneered clinical adaptations and research in highly requested, specialized content.

Learning Formats

In-Person Training

In-person events offer participants the chance to learn directly from our first-class training experts. Trainers mix lecture with more experiential learning methods such as role plays, review of footage from real DBT treatment sessions, and discussion. Our current public training calendar can be viewed at: behavioraltech.org/schedule. *Contact us to discuss private training options and how Behavioral Tech can support your agency as you implement DBT.*

Consultation

Consultation services are a personalized way to enhance an individual's clinical skills or grow DBT programs. Consultants can provide support at any level of learning. Schedule consultations as needed or on an ongoing basis.

Online Training

We offer seven self-paced courses that allow you to learn the essentials of DBT and other therapies from work or home. We also have **Online Comprehensive Programs** including: *DBT Foundational*, *DBT Intensive*, and *DBT Intensive Plus* (for individuals needing a DBT consultation team). For more information, visit: behavioraltech.org/training/online-training-courses-2/.

Supplemental Resources

We carry books, CDs, and DVDs to support your learning. These resources are a blend of clinician- and client-focused content.

Webinars

Our webinars feature DBT experts speaking from their areas of specialty. Webinars offer informative overviews of DBT as it is practiced in various settings and populations.