



EDBTA LEVEL 1 Trainers in Training Logbook

One of the EDBTA's main objectives is to promote the dissemination of DBT in Europe. To this end, it is helpful and necessary to train trainers who can teach DBT extensively and competently in their native language to potential DBT therapists and potential native-language DBT trainers.

The EDBTA will certify a training program for potential Level 1 DBT Trainers (Trainers in Training). The program will balance the requirements for high didactic and content-related competence with economy and effectiveness.

Level 1 EDBTA Trainers will be certified to train Local Trainers in their native language and enable them to provide DBT training to Local Therapists. They can also train local therapists directly.

To be certified by the EDBTA, candidates must fulfill three requirements:

- 1) A recommendation from the National DBT Association, including confirmation of the basic entry requirements.
- 2) Completion of a 4-day curricular seminar on the didactics of DBT.
- 3) 3) Proof of one's own fully comprehensive trainer competence. This is done through supervised training of all important DBT components twice.

I. Qualifications to be approved as a DBT local trainer by the National DBT Association (recommendations):

1. **Experienced credentialed therapist or mental health practitioner:** a. Required registrations, accreditations, licenses, etc.
2. **Basic knowledge** and skill regarding the theoretical foundations and evidence for DBT, as well as the structure, strategies, procedures and protocols required to deliver DBT with adherence.
3. **Adherent to the treatment** a. Certified by DBT-LBC, Society for DBT in the UK and Ireland, DDBT (Germany), or by a certified native-speaking Adherence Coder according to the DBT ACS or DBT ACI.
4. Having **trained all DBT competencies alongside** at least two different Level 1 EDBTA Trainers as co-trainers. Practice and competence in teaching are documented and confirmed by a complete logbook covering all essential components of DBT (see Appendix 2).
5. **Participates in DBT program/consultation team, delivering comprehensive DBT** attending team weekly.
6. **Conducts DBT-related work** for a minimum of 1.5 days per week (as therapist, skills trainer, team leader, teacher, researcher)
7. **Individual therapy:** has been practiced for minimum of two years, treating a minimum of 10 cases
8. Has taught DBT **skills trainings** for more than one year; has taught the full curriculum at least twice
9. Has **training in behavior therapy**
10. Engages in **regular mindfulness practice**



11. Is up to date regarding **research findings** in DBT, populations for whom DBT is a recommended treatment, suicide, and suicide prevention and treatment.
12. Engage annually in a specific number (to be specified) of continuing professional development hours in DBT and relevant topics

II. **Completion of a 4-day curricular seminar on the didactics of DBT.**

Content:

- A) Basic General Teaching Skills
 - a. PPT Presentations
 - b. Video Presentations
 - c. Master Roll-Plays
 - d. Ad-hoc role plays
 - e. Group discussions
 - f. Dialectics
 - g. Movement, Speed and Flow
 - h. Online-Trainings
 - i. Balancing Content and Group Interests
 - j. Entertainment
- B) Teaching Core DBT Topics
- C) Difficult Clients
- D) Supporting DBT Teams



EDBTA Trainers Log - OVERVIEW

NAME:

Topic I: DBT AS FRAME

TOPICS TAUGHT	DATES	TYPE OF TRAINING (EG WORKSHOP; Implementation Online; Onsight)	TYPES OF SERVICES REPRESENTED Eg. CAMHS, Inpatient	TEACHING METHODS USED EG ROLE-PLAY, GROUP DISCUSSION, VIDEO DEMONSTRATION	Your Position in Training i.e. trainer in training: third trainer, trainer: co-trainer	LEAD TRAINERS
Diagnosis of BPD I						
Diagnosis of BPD II						
BPD reframed in DBT I						
BPD reframed in DBT II						
Evidence base for DBT and its adaptations I						
Evidence base for DBT and its adaptations II						
Biosocial Theory I Emotional Vulnerability Invalidating Environments						



Biosocial Theory II Emotional Vulnerability Invalidating Environments						
Dialectical Dilemmas I Assumptions about clients and treatment						
Dialectical Dilemmas II Assumptions about clients and treatment						
Functions and Modes I Stages, Targets & Agreements Targets by Mode (Diary Card)						
Functions and Modes II Stages, Targets & Agreements Targets by Mode (Diary Card)						



Topic II DBT AS PROBLEM SOLVING

TOPICS TAUGHT	DATE	TYPE OF TRAINING (EG WORKSHOP; Implementation Online; Onsite)	TYPES OF SERVICES REPRESENTED Eg. CAMHS, Inpatient	TEACHING METHODS USED EG ROLE-PLAY, GROUP DISCUSSION, VIDEO DEMONSTRATION	Your Position in Training i.e. trainer in training: third trainer, trainer: co-trainer	LEAD TRAINERS
Introduction to Behavioural Analysis I						
Introduction to Behavioural Analysis II						
Principles of Learning I Classical Conditioning Operant Conditioning						
Principles of Learning II Classical Conditioning Operant Conditioning						
Mindfulness I						
Mindfulness II						
Distress Tolerance I						
Distress Tolerance II						



Emotion Regulation I						
Emotion Regulation II						
Interpersonal Effectiveness I						
Interpersonal Effectiveness II						
Contingency Management I						
Contingency Management II						
Exposure I						
Exposure I						
Cognitive Modification I						
Cognitive Modification II						



TOPIC III: DBT AS VALIDATION; DBT AS DIALECTICS; DBT AS PRACTICE

TOPICS TAUGHT	DATE	TYPE OF TRAINING (EG WORKSHOP; Implementation Online; Onsite)	TYPES OF SERVICES REPRESENTED Eg. CAMHS, Inpatient	TEACHING METHODS USED EG ROLE-PLAY, GROUP DISCUSSION, VIDEO DEMONSTRATION	Your Position in Training i.e. trainer in training: third trainer, trainer: co-trainer	LEAD TRAINERS
Self-Verification Theory and Principles I						
Self-Verification Theory and Principles II						
Validation Strategies I						
Validation Strategies II						
Introduction to Dialectics I						
Introduction to Dialectics II						
Dialectical Strategies I						
Dialectical Strategies II						



Stylistic Strategies I						
Stylistic Strategies II						
Case Management Strategies I						
Case Management Strategies II						
Zen Principles I						
Zen Principles II						
Consultation Team I						
Consultation Team II						
Suicide Crisis Protocols I						
Suicide Crisis Protocols II						



TOPIC IV: DBT ADAPTATIONS

TOPICS TAUGHT	DATE	TYPE OF TRAINING (EG WORKSHOP; Implementation Online; Onsite)	TYPES OF SERVICES REPRESENTED Eg. CAMHS, Inpatient	TEACHING METHODS USED EG ROLE-PLAY, GROUP DISCUSSION, VIDEO DEMONSTRATION	Your Position in Training i.e. trainer in training: third trainer, trainer: co-trainer	LEAD TRAINERS
Basics and Evidence of DBT-A						
Basics and Evidence of DBT-S						
Basics and Evidence of DBT-PTSD (PE)						
Basics and Evidence of DBT under Residential and EU Conditions						