



Revision 7-12-2026

EDBTA Guidance on DBT Training Levels

The sole purpose of this document is to provide guidance to support the training of DBT trainers in countries where DBT training to provide individual DBT therapy has not been available in the local (native) languages.

This document is not intended to replace any existing arrangements regarding recognition of trainers.

Levels of Qualifications

- **Local Therapists**
 - **Who may become local trainers**
- **Level 1 EDBTA Trainers in Training (who are bilingual in their native language and English/and/or language of the mentor)**
- **Level 2 EDBTA Trainers**
- **Level 3 EDBTA Mentors**
- **Local Adherence Coder**

Local Therapists

- 1.) The NATIONAL DBT ASSOCIATIONS will create processes to certify/accredit Local DBT-Therapists. It RECOMMENDED (not required) that National DBT ASSOCIATIONS take into account the WDBTA Suggested Training domains when constructing or evaluating the required training for local therapists
https://wdbta.org/wp-content/uploads/2023/07/WDBTA.SuggestedDomainsForTraining.Final_.2023.07.22.pdf
- 2.) The EDBTA will seek to create an independent accreditation board for national associations who wish to have their therapist certification/accreditation processes or training processes recognized at the European level.

Local Trainers who will train in native language



- 1.) Certification of standards for local trainers will be provided by the National DBT Associations.
- 2.) Local Trainers may be trained by Level 1 or Level 2 EDBTA Trainers.
- 3.) Local Trainers who complete the EDBTA trainer in training process will be recognized as having achieved a practice based competency qualification to train local therapists according to the EDBTA guidelines (see attachment 2) and prepare the local therapists to be certified by the NATIONAL DBT Associations.

The following are RECOMMENDATIONS about standards that National Associations can use to set up therapist accreditation/certification standards. These are not requirements. National Associations have complete autonomy in the process. However, the EDBTA will only support as trainers in training those who fulfill all of these requirements as stated under the Level 1 requirements.

Qualifications to be approved by the National DBT Associations (recommendations):

1. **Experienced credentialed therapist or mental health practitioner:** a. Required registrations, accreditations, licenses, etc.
2. **Demonstrated adherence 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 (either DBT ACS or DBT AC I).
3. **Participates in DBT program/consultation team, delivering comprehensive DBT** attending team weekly
4. **Conducts DBT related work** for a minimum of 1.5 days per week (as therapist, skills trainer, team leader, teacher, researcher)
5. **Individual therapy:** has practiced for minimum of two years, treating a minimum of 10 cases
6. **Skills trainer:** has taught skills training for more than one year; has taught full curriculum at least twice
7. **DBT teacher:** has taught DBT locally—in consultation team, seminars, local region.
8. Has training in behavior therapy
9. Engages in regular mindfulness practice
10. Is up to date regarding research findings in DBT, populations for whom DBT is a recommended treatment, suicide, and suicide prevention and treatment.
11. Attend national or international meetings on DBT and related topics to stay current on research and clinical updates.



1. Applicant

Prerequisite to be approved by EDBTA as EDBTA Trainer in Training

1. **Recommendation by a National DBT Association**
2. **Experienced credentialed therapist or mental health practitioner:** a. Required registrations, accreditations, licenses, etc.
3. **Demonstrated adherence 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 the DBT ACS or DBT ACI.
4. **Participates in DBT program/consultation team, delivering comprehensive DBT** attending team weekly
5. **Conducts DBT related work** for a minimum of 1.5 days per week (as therapist, skills trainer, team leader, teacher, researcher)
6. **Individual therapy:** has practiced for minimum of two years, treating a minimum of 10 cases
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8. **DBT teacher:** has taught DBT locally—in consultation team, seminars, local region
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. Attends national or international meetings on DBT and related topics to stay up to date about research and clinical updates.

2. EDBTA Trainer in Training

Program and Evaluation Steps During the Trainer in Training Phase

1. Successful participation in a 4-days EDBTA Trainers program (eg. EDBTA Summer School Didactic training).
2. Demonstrating knowledge of DBT competencies as well as didactic teaching competencies (in English/or their native language) through recordings of either themselves providing mock teaching session, recording of themselves delivering the material in an actual training, or delivering training as co-trainer at a mentor's



training event and receiving feedback from a mentor. Completion of log feedback and use of EDBTA training rubric is required in all circumstances.

3. Trainers will have the possibility to join a mentors consultation team meeting that is designed to assist them in learning how to provide consultation to participants on program and client related issues. It is expected that trainers in training will attend at least 6 during their training period. Consultation team leaders will be asked to sign off on attendance and trainers in training will add their post team meeting learning points to their logs.

Upon completion of the above a trainer in training may progress to “EDBTA-TRAINER” at which point they may support others (usually those who speak mostly the native language) to train.

3. EDBTA Trainer

Conducts workshops alongside other trainers.

Presents along with different trainers when possible and receives feedback from colleagues as well as audiences.

Continue to gain experience by training alongside advanced (senior) trainers.

4. Senior EDBTA Trainer

Senior EDBTA trainers will have the ability: to train and evaluate the performance of potential DBT trainers.

Prerequisite:

1. Certification and two-year practice as EDBTA Trainer.
2. Proof of minimum 4 comprehensive DBT trainings alongside with other trainers

Program and Evaluation Steps During the Trainer in Training Phase

Successful participation in a 4-day EDBTA Senior Trainer program (e.g. EDBTA Summer-School Senior Trainer Program).

EDBTA Mentors

EDBTA Master Trainers will be selected and approved by the EDBTA.

Qualifications for EDBTA Mentors:



- International reputation (treatment developer, RCTs, written extensively on DBT) as being able to train DBT to teams who operate out of the applicant's own healthcare system (evidence of having trained at least 5 teams in at least 3 different healthcare systems)
- Demonstrated ability to role play any aspect of the treatment without preparation
- Knowledge of the Research Literature
 - Familiar with the key journal articles, texts and manuals used to formulate the treatment
 - Command of the research literature and can speak to its promise and its limitations
- Knowledge of major adaptations (eg DBT-A, PTSD/PE, SUD, ED, ASD, ADHD) and treatment settings (eg residential, forensic)
- Apply the principles of the treatment to the participants and the training including to hold to a position when a participant or participants disagrees with the stance taken, whilst remaining dialectical in discussion and attitude
- Demonstrated ability to apply principles of team selection, specifically the principles around the unique role of team leader, recommendations about minimum time involvement per week for team members, and the principles of structuring the environment with respect to a DBT Team's interface with a wider treatment setting.
- Demonstrated ability to support teams in the implementation of DBT
 - Ability to support development of consultation teams.
 - To hold to principles of the treatment, including maintaining a dialectical stance, when assisting with team conflict

Local Adherence Coder

Local Adherence Coder are certified by the EDBTA.

They are able to code for adherence in the local language.

Prerequisite to be approved by EDBTA as Local Adherence Coder.