

Bringing the Workshop to the Classroom

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Course Objectives

- 🎯 Learn about CBT group processes - didactic & experiential
- 🎯 Learn about Contextual CBT approaches to multi-problem clients
- 🎯 Learn some skills to better help clients
- 🎯 *Bonus: increase psych flexibility for clinicians in training & decreases stigma; burnout TBD*
 - 🎯 Spyrka, S., (2013, July). The Effects of Experiential versus Didactic Training on Stigma, Thought Suppression, and Experiential Avoidance in Graduate Students. Poster presented at the Annual ACBS World Conference, Sydney, AU

Order

- Mixed methods learning:
 - 2 didactic classes
 - 4 experiential DBT skills group training
 - 1 didactic class
 - 2 days weekend experiential training (experiential role-plays; *not* an interpersonal process group)

Readings

- ④ Linehan, M. (1993) *Skills training manual for treating borderline personality disorder*. New York: Guilford Press.
- ④ Luoma, J.B., Hayes, S.C., & Walser, R.D. (2007). *Learning ACT: An acceptance & commitment skills training manual for therapists*. Oakland, CA: New Harbinger.
- ④ Chiles, J.A., & Strosahl, K. D. (2005). *Clinical manual for assessment and treatment of the suicidal patient*. Washington, DC: American Psychiatric Publishing.

& Tasks

- Research based presentations
- 2 design your own group (1 skills based; 1 experiential) for a particular population at a particular site
- Multiple Choice Quiz on Chiles & Strosahl (2005)

Discus
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