

## DIALECTICAL BEHAVIOR THERAPY SKILLS TRAINING: PAVING THE WAY TO HEALTHY RELATIONSHIPS

**Ricardo J. M. Lucena**

Universidade Federal da Paraíba, João Pessoa-PB, Brazil  
lucenar@uol.com.br

**D**ialectical behavior therapy (DBT) is a comprehensive multiple mode cognitive-behavioral treatment. It includes weekly individual therapy, weekly group skills training, and as-needed phone coaching along with therapist consultation team meetings. DBT skills training is a central component of DBT effectiveness.

Skills training programs have been reported to be effective in different populations, such as health care professionals, caregivers of the elderly, and college students. Skills training has also been effective to treat individuals with a range of mental disorders.

The overall objective of the workshop is to describe a set of behavioral, cognitive and dialectical skills which can facilitate the development and maintenance of healthy relationships. Participants will be able to apply the principles of dialects, validation and behavioral analysis to their thoughts and actions; be able to develop effective communication; and find a kernel of truth in other people's views. The skills presented are important for individuals with or without a diagnosis of mental disorder, and they can be helpful in any relationship. There are three skill sets: dialectics, validation, and behavior change strategies. Taken together, the skills focus on balancing our own priorities with the demands of others in interpersonal relationships.

During the ninety-minute interactive workshop, skills will be presented alongside individual and small group exercises given by one presenter. The language of the workshop will be English, however questions can be asked in French, Spanish or Portuguese and will be answered in English.■