DBT Skills for Crisis Intervention

According to DHS34, “*“Crisis” means a situation caused by an individual’s apparent mental disorder which results in a high level of stress or anxiety for the individual, persons providing care for the individual or the public which cannot be resolved by the available coping methods of the individual or by the efforts of those providing ordinary care or support for the individual.”*

Given this definition, developing coping methods for the consumer in crisis and those who care for them is an important part of crisis intervention. Dialectical Behavioral Therapy (DBT) offers a skills component to teach coping methods to individuals who need to develop new skills. Skills such as mindfulness, emotional regulation and distress tolerance can be very helpful for persons who are struggling to cope. This training will teach you some of these skills and help you add more tools to your crisis intervention toolbox.

**Learning Objectives:**

1) Incorporate skills into crisis intervention goals

2) Understand what impacts the ability to self-regulate
3) Learn DBT Skills that are effective in acute care situations/environments
4) Learn and use the DBT Skills Decision Tree format when appropriate

5) Learn how to teach crisis clients to use skills at appropriate times

**Intended Audience:**

Crisis workers, case managers and clinicians who manage challenging situations with consumers.

**$35 members /$135 partial and non-members**

(includes materials, lunch, as well as morning and afternoon snack) **6.0 CEH’s**