



# DBT Implementation Toolkit

## 1. Subscribe to the "Core Components of DBT" DVD series



As a Toolkit Subscriber your DBT Programme receives FREE updates from the 'Core-Components of Dialectical Behaviour Therapy' DVD series, demonstrated by members of the British Isles DBT Training Team and directed by Michaela Swales PhD (you also receive Toolkit Copies\* of all earlier volumes in the series for organisational/library use). Each volume is accompanied by a booklet containing a full transcript of the DVD that explains the unique subtitle feature enabling you to review the dialectical strategies employed during the role-plays.

\*Toolkit Copies for Training use are £375 each

## 2. Access discounts on all DBT training to help sustain your DBT team

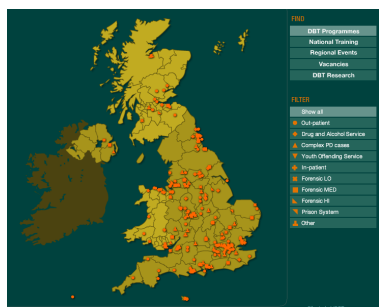


British Isles  
**DBT TRAINING**

We guarantee you the best available price on all our DBT Training events. This includes an exclusive 'Toolkit discount' of up to 30% on the 10 day DBT Intensive Training. You will receive the group price on all our DBT Workshops and Master-classes. We also offer you 1 FREE place\* on our 5-day DBT Foundation Training for every successive subscription renewal after year one.

\*This is for each successive full year from renewal

## 3. Benchmark your DBT programme outcomes nationally



Prepare for DBT Programme Accreditation in 2014 by recording client health status at key timepoints during treatment (EQ-5D on referral, admission & at discharge) as a basis for programme evaluation and continuous quality improvement. Monitor changes in staff WTE commitment on your programme to compare resource efficiency. Justify your programme to commissioners, and your case for more staff resources to management, all with statistical evidence! (All Toolkit User data is held securely in pseudonymised format at [www.dbt.uk.net](http://www.dbt.uk.net))

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## 4. Study for the Post-Graduate Diploma in DBT (120 credits)



[www.dbt.uk.net](http://www.dbt.uk.net)

Toolkit Subscribers receive 'Priority Boarding' for staff to study for this increasingly popular DBT qualification (worldwide & exclusive to the British Isles!) Contact us on **01978 346900** for further details on how to study for and qualify for the PG Dip if you have already completed your Intensive Training.

**Annual Subscription: £1,200 (plus VAT)**

- 1 x large 13" singing bowl for team mindfulness practice
- 1 x DBT Capacity Planning Manager disk
- 1 x copy of Dialectical Behaviour Therapy (Swales & Heard, 2017)
- 1 x copy of Dialectical Behavior Therapy in Clinical Practice (Dimeff & Koerner)
- 1 x copy of Doing Dialectical Behavior Therapy A Practical Guide (Kelly Koerner)
- 1 x copy of Don't Shoot the Dog (Karen Pryor)
- 1 x copy of Teaching Clients To Use Mindfulness Skills (Dunkley & Stanton)
- 2 x complimentary places at the annual 'Society for DBT' Conference
- 1 x DBT Skills Manual for Adolescents (Rathus & Miller)
- 1 x Changing Behaviour in DBT (Swales & Heard)
- 1 x Using Mindfulness Skills in Everyday Life (Dunkley & Stanton)
- 1 x copy of DBT Skills Training Manual & Handouts/ Worksheets



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British Isles DBT Training reserves the right to alter aspects of the training programme.