

# Postgraduate Certificate in Dialectical Behaviour Therapy

**Validated for admission in 2015 by Bangor University**

The PG Cert in DBT is designed to help practitioners either currently learning DBT on an Intensive Training course or who have previously completed the Intensive Training to develop both their theoretical grasp of the treatment and to advance their clinical application of the treatment at both the level of their programme and the individual clinical case. You may also be eligible if you have completed Part I or DBT Foundation however, to attain the hours towards PHP4201 you must have completed 3 workshops, one of them being the Problem Solving Workshop.



The PG certificate has two modules.

- **PHP4200 Theories and Principles of DBT** (40 contact hours - Intensive Part I) develops skills in understanding the theoretical underpinnings of the treatment and how to apply these principles in analysing problem behaviours.
- **PHP4201 Clinical Applications of DBT** (40 contact hours - Intensive Part II), develops skills from the first module in treating a case using the treatment and also in applying the treatment in different modalities of practitioners' DBT programmes.

*“The PgCert has been invaluable in accelerating the learning surrounding DBT. People find it really worthwhile and really appreciate it.” PG Cert Student 2010*

## Learning Assignments

Formative Assignments: **DBT Exam** (self-assessment examination in DBT between Part I and Part II) and initial submission of **DBT implementation log** (receives written feedback).

**PHP4200: One written chain analysis** (1500 words) and **one essay** (3000 words) on theoretical foundations of the treatment.

**PHP4201:** final submission of **DBT implementation log** and **one practical/clinical exercise** on your own therapy-interfering behaviour (1500 words) and **one written case presentation** including critical appraisal (3000 words)

*“Undertaking the post graduate certificate has dramatically increased my understanding of DBT and my ability to apply it in practice” PG Cert Student 2010*

**Course fee: £1200**



Register online at:

<http://www.regonline.co.uk/PGCert-2016>

**\*\*\*Registration Deadline 01 September 2016\*\*\***

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