



فتح فوائد العلاج السلوكي المعرفي (DBT) باللغة العربية للصحة النفسية

Duration: 10 Days

Language: ar

Course Code: IND5 - 179

Objective

:By the end of this course, participants will be able to

- Understand the foundational principles of DBT
- Learn the structure and stages of DBT treatment
- Practice the four key skill sets of DBT: mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness
- Apply DBT tools to real-world challenges
- Recognize how DBT supports people with chronic emotional difficulties

Audience

:This course is ideal for

- Psychology and mental health students
- Early-career counselors and therapists
- Social workers and support staff
- School and university mental health teams
- Individuals interested in emotional wellness techniques
- Coaches and professionals working with high-emotion clients

Training Methodology

Participants will learn through a combination of short presentations with clear visuals, real-world therapy session clips, skill-building exercises, and group discussions. The course includes interactive activities, downloadable DBT skill sheets, and guided self-reflection worksheets for applying the techniques outside the training setting.

Summary

Dialectical Behavior Therapy (DBT) is a powerful, evidence-based treatment designed to help individuals manage intense emotions, improve relationships, and build a more stable, fulfilling life. Originally developed for borderline personality disorder, DBT is now widely used to support people dealing with anxiety, depression, PTSD, and emotional dysregulation.

This course introduces the key principles and core techniques of DBT in a clear and practical way. Participants will explore real-life examples, engage in reflection exercises, and learn how to apply DBT skills in both therapeutic settings and daily life.

Course Content & Outline

Section 1: Foundations of DBT

- What is Dialectical Behavior Therapy?
- History and development of DBT
- Core concepts: dialectics, validation, acceptance vs. change
- Who DBT is for: indications and outcomes

Section 2: Structure of a DBT Program

- The 4 components: individual therapy, skills training, coaching, team consultation
- DBT treatment stages and goals
- Role of therapist and client commitment
- Practical overview of session structure

Section 3: Core Skill 1 - Mindfulness

- .Being present: “what” and “how” skills •
- .Observing without judgment •
- .Developing wise mind •
- .Practicing awareness in daily life •

Section 4: Core Skill 2 - Distress Tolerance

- .Coping with crisis situations •
- .Self-soothing and distraction techniques •
- .Accepting reality: radical acceptance •
- .Grounding and “TIP” skills for intense emotion •

Section 5: Core Skill 3 - Emotional Regulation

- .Identifying and labeling emotions •
- .Reducing vulnerability to emotion mind •
- .Opposite action and behavioral activation •
- .Building emotional strength •

Section 6: Core Skill 4 - Interpersonal Effectiveness

- .Assertiveness and boundary-setting •
- .Using the DEAR MAN technique •
- .Building relationships while maintaining self-respect •
- .Saying no without guilt •

Section 7: Applying DBT in Practice

- .Tailoring skills for different clients •
- .Common challenges and troubleshooting •
- .Combining DBT with other therapeutic tools •
- .Using DBT in daily life and self-help •

Certificate Description

Holistique Training عند إتمام هذه الدورة التدريبية بنجاح، سيحصل المشاركون على شهادة إتمام التدريب من (e-Certificate) وبالنسبة للذين يحضرون ويكملون الدورة التدريبية عبر الإنترنت، سيتم تزويدهم بشهادة إلكترونية من Holistique Training.

وخدمة اعتماد التطوير المهني (BAC) معتمدة من المجلس البريطاني للتقييم Holistique Training شهادات ISO 29993 أو ISO 21001 أو ISO 9001 كما أنها معتمدة وفق معايير (CPD) المستمر.

لهذه الدورة من خلال شهادتنا، وستظهر هذه النقاط على شهادة إتمام (CPD) يتم منح نقاط التطوير المهني المستمر واحدة عن كل ساعة CPD يتم منح نقطة CPD، ووفقاً لمعايير خدمة اعتماد Holistique Training التدريب من لأي دورة واحدة نقدمها حالياً CPD حضور في الدورة. ويمكن المطالبة بحد أقصى قدره 50 نقطة

Categories

الصحة والسلامة والبيئة، الرعاية الصحية والصيدلانية

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Common Misconceptions about Psychotherapy

This guide examines and corrects some of the most common myths and misconceptions about psychotherapy, highlighting its value and potential impact for those seeking personal growth, emotional resilience, and mental wellness.