

Montclair State DBT Skills Training Program
VERSION 2024

Schedule: Montclair State DBT Skills Training Program				
	<i>Week</i>	<i>Time</i>	<i>DBT Skills Training</i>	<i>RNR Analog Training</i>
1 Week: PRE Assessment and Intake				
Intake; Commitment; Goals/Values	Pre-tx	2 hrs	<p>Before session:</p> <p>Ensure all initial client consents in client folder and fully completed (i.e., consent for services, notice of privacy practices, release form) or else contact supervisor</p> <p>Review any available collateral documents in client folder (e.g., client availability form)</p> <p>Contact client for them to complete PRE survey ahead of intake using client anonymous ID</p> <p>Schedule intake session once PRE survey submitted</p> <p>During session:</p> <ul style="list-style-type: none"> Interview DDS Administer TOPF Interview LS/CMI PRE Review ER 18: Values and Priorities List [Use commitment strategies] Orient to diary card (completed daily, submitted weekly) and format options (Excel, Word, Qualtrics) Orient to phone coaching 	Motivational Interviewing

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			<p>Determine whether client wishes to invite social supports to some sessions and if so, document their consent</p> <p>Help client download and set up daily reminders for Mindfulness Coach app (for iPhone or Android)</p> <p>Schedule weekly appointment day/time</p> <p>After session:</p> <p>Score PRE measures</p> <p>Write/submit intake report</p>	
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3 Weeks: Orientation, Analyzing Behavior, Dialectical Thinking, and Mindfulness				
Orientation; Chain and Solution Analysis; Missing Links Analysis	1	1 hr	pp. 2–3: Why Skills? pp. 4–5: Learning Skills During session: Build rapport/working alliance Review diary card (or have client complete in session if they did not do so at all or completely) Identify hierarchy of treatment targets for the week Relate skills taught to treatment targets Review and assign skills practice After session: Log client attendance Submit session note	Feedback About Central Eight; Relapse Prevention for Criminal History
Dialectical Thinking	2	1 hr	pp. 6–7: Flexible Thinking Skills “ ”	Criminal Thinking
Mindfulness	3	1 hr	pp. 8–10: Mindfulness Skills “ ” *Special after session: Submit S3 DBT AC-I for one client using therapist anonymous ID	Criminal Thinking; Antisocial Personality Pattern

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3 Weeks: Distress Tolerance				
Distress Tolerance (Crisis Survival)	4	1 hr	pp. 11–13: Tolerate Distress Skills (Crisis Survival) “ ”	Criminal Thinking; Antisocial Personality Pattern
Distress Tolerance (Reality Acceptance)	5	1 hr	pp. 14–15: Tolerate Distress Skills (Reality Acceptance) “ ” *Special during session: Document one client’s consent to record S6 for supervisor review, or else arrange for supervisor to co-attend S6 to observe	Criminal Thinking; Antisocial Personality Pattern
Distress Tolerance (Addiction Crisis)	6	1 hr	pp. 16–17: Tolerate Distress Skills (Addiction Crisis) “ ” *Special during session: Record S6 if client consented *Special after session: Submit S6 DBT AC-I for one client using therapist anonymous ID	Alcohol/Drug Problems

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3 Weeks: Interpersonal Effectiveness				
Interpersonal Effectiveness (Interpersonal Objectives)	7	1 hr	pp. 18–21: Relationships Skills (Being Effective with Others) “ ”	Antisocial Associates; Family/Marital Problems
Interpersonal Effectiveness (Walking the Middle Path: Dialectics and Validation)	8	1 hr	pp. 22–23: Relationships Skills (Walking the Middle Path in Relationships: Flexible Thinking and Validation) “ ”	Antisocial Associates; Family/Marital Problems
Interpersonal Effectiveness (Walking the Middle Path: Behavioral Change)	9	1 hr	pp. 24–25: Relationships Skills (Walking the Middle Path in Relationships: Change) “ ” *Special after session: Submit S9 DBT AC-I for one client using therapist anonymous ID	Antisocial Associates; Family/Marital Problems

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3 Weeks: Emotional Regulation and POST Assessment				
Emotional Regulation (Model of Emotions)	10	1 hr	pp. 26–29: Emotions Regulation (Know Your Emotions) “ ”	Criminal Thinking; Antisocial Personality Pattern
Emotional Regulation (Regulating Emotions)	11	1 hr	pp. 30–32: Emotions Regulation (Change Emotions) “ ” *Special during/after session: Interview LS/CMI POST 2–5 Direct client to complete POST survey using client anonymous ID Confirm final session once PRE survey submitted	Criminal Thinking; Antisocial Personality Pattern; Education/Employment Problems
Emotional Regulation; Post Assessment (Reducing Emotional Vulnerability)	12	2 hrs	pp. 33–37: Emotions Regulation (Reduce Vulnerability to Emotion Mind) “ ” During session: Interview LS/CMI POST 6–8 Use DBT termination strategies After session: Score POST measures Submit Therapist Interview-4 for all clients using therapist and client anonymous ID Write/submit treatment summary report	Criminal Thinking; Antisocial Personality Pattern; Education/Employment Problems; Leisure/Recreation Problems

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