

CHR 7130: Dialectical Behavior Therapy

Dialectical Behavior Therapy (DBT) is an innovative, evidence-based intervention used to address a multitude of treatment concerns. Counselors will learn specific tenets of DBT: Mindfulness, Distress, Tolerance, Emotion Regulation, Interpersonal Effectiveness, Middle Path and behavior shaping.

Credits: 1.0

Program: Education and Counseling