

Strengthening Glenbrook Practice with the Latest DBT Skills Training: The 2025 Revised Edition

I am pleased to share that I have recently completed the comprehensive DBT Skills course through Psychwire, presented by Dr Marsha Linehan, Dr Jill Rathus, and Dr Alec Miller. This training follows the **2025 Revised Edition** of *DBT Skills Training Manual* and the accompanying *DBT Skills Training Handouts and Worksheets* — the most current iteration of this foundational resource.

Staying at the forefront of evidence-based practice is central to our commitment at Glenbrook Practice. While the core DBT skills, protocols, and guiding principles remain unchanged, preserving the integrity and clinical power of Dr Linehan's original model, this latest edition introduces thoughtful, practical refinements that make the material even more accessible, inclusive, and relevant for facilitators and the clients we serve.

What Makes the 2025 Revised Edition Valuable

The skills themselves have not changed. Terms such as **DEAR MAN**, **mastery**, and **justified emotions** remain exactly as Dr Linehan conceptualised them, because they are integral to the model's effectiveness. What has been thoughtfully updated is the way the material is presented and organised.

Key enhancements include:

- **A practical reorganisation of the Handouts and Worksheets** — Each handout now appears immediately followed by its corresponding worksheet. This simple but powerful change streamlines preparation, session delivery, and homework review for both facilitators and participants. It supports clearer learning and better skill generalisation outside of sessions.
- **Language and inclusivity updates** — Gendered language has been replaced with “they/ them” throughout, and names and examples have been refreshed to reflect a more diverse, global community. Outdated references have been modernised. These changes make the content feel current and culturally resonant — particularly important when working in South Africa's richly diverse context.
- **Updated front matter and context** — The prefaces, acknowledgements, and supporting material now reflect our present moment, including Dr Linehan's well-deserved **2025 Lifetime Achievement Award** from the American Foundation for Suicide Prevention.

These refinements do not alter the heart of DBT. Instead, they enhance clarity, accessibility, and cultural responsiveness while maintaining full fidelity to the evidence-based model. For facilitators, this means we can deliver the training with even greater precision and warmth. For clients, it supports a more inclusive and relatable learning experience.

Bringing These Enhancements into Our Facilitator Training Programme

I am especially excited to integrate these latest approaches into our **12-week in-person DBT Skills Facilitator Training Programme**, which begins in **August 2026**.

This programme is designed for honours psychology graduates and dedicated professionals, such as occupational therapists, counsellors, and other allied professionals passionate about skills-based work, who want to develop the knowledge and confidence to deliver high-quality DBT-informed skills training.

Over twelve weeks, participants will develop deep competence in the four core modules:

- **Mindfulness**
- **Emotion Regulation**
- **Interpersonal Effectiveness**
- **Distress Tolerance**

The training emphasises psychological flexibility, Mindfulness, emotional regulation, interpersonal effectiveness, and distress tolerance, equipping facilitators to support clients in building lives worth living within the South African context.

By grounding the programme in the 2025 Revised Edition, participants will benefit from the most up-to-date organisation of materials, inclusive language, and modernised examples, while still learning the original DBT skills and principles with full fidelity.

Applications Now Open

Applications for the August 2026 cohort are now open, with limited spaces available. If you are passionate about delivering high-quality, evidence-based DBT skills training and would like to join a warm, supportive, and professionally rigorous learning community, I warmly invite you to explore the programme details and submit your application.

Programme page and application:

GlenbrookPractice.com/dbt-skills-facilitator-training-programme

Thank you to Psychwire and to Dr Linehan, Dr Rathus, and Dr Miller for this enriching training opportunity. I look forward to sharing these latest insights with our next group of facilitators and continuing to strengthen the quality of DBT skills training available in South Africa.

Growth Through Awareness