

# COUN7622 : Introduction to Dialectical Behavior Therapy

This course will provide students with an introduction to the history, development, and application of Dialectical Behavior Therapy (DBT). We will discuss the underlying paradigms of acceptance, change, and dialectics. Participants will also be exposed to DBT case conceptualization, behavior chain analysis, validation, dialectical strategies, commitment strategies, and skills training. **Fee:** Additional fee required.

**Credits** 1

**Fees**

\$50