

Booking Form

Course Title:

Essentials: Dialectical
Behaviour Therapy in Action

Date:

Thursday 5th March 2026

Venue:

Virtual Event via Microsoft
Teams Webinar

Timings:

9:00am Registration
9:30am Start
12:30pm Close

Course Fee: £250.00

This course is suitable for
Mental health professionals
interested in approaching
the care of people in a trauma-informed and compassionate way through skills-based interventions. and is worth **3 CPD** points.

YOUR DETAILS

PLEASE PRINT YOUR DETAILS IN BLOCK CAPITALS

Title.....First Name.....

Surname.....Job Title.....

Speciality.....

Trust/Organisation.....

Work Telephone.....Mobile.....

Email.....

Dietary.....Other.....

Signature.....Date.....

BOOKING & PAYMENT OPTIONS

COURSE FEE: £250.00

ONLINE: Please visit www.andrewsimscentre.nhs.uk and pick the course you would like to attend to book and pay.

TELEPHONE: With debit or credit card 0113 855 5638

INVOICE: Please send a copy of Purchase Order with delegate details/Trust/PO Number to andrewsimscentre.lypft@nhs.net

LYPFT INTERNAL TRANSFER & STUDY LEAVE Please email andrewsimscentre.lypft@nhs.net with the following information:

Budget Holder Name & Email.....

Budget Code.....

Budget Holder Signature.....

Budget Transfer will occur in **MARCH** 2026

ALL PAYMENTS MUST BE RECEIVED IN ADVANCE OF EVENT

RESERVATION & CANCELLATION POLICY

Cancellations must be received in writing at least two weeks prior to the course date to be entitled to a refund, which will be subject to a 20% administration fee. We regret that cancellations received after this date cannot be refunded, and refunds cannot be made for failure to attend the event. For further information on the conditions of booking, please [click here](#).

FURTHER INFORMATION

The Andrew Sims Centre is part of Leeds and York Partnership NHS Foundation Trust. Your personal information will be stored and processed by the ASC, Stripe and HMA according to the General Data Protection Law. If you would like further information about this please contact us. Your personal information will be used by the ASC to process your application to attend our events.

Booking Flyer

About this course

The session will highlight how these groups can bridge gaps in care and support individuals to build a life worth living. We will explore the rationale for skills-based interventions and the core modules of DBT, including Mindfulness, Emotion Regulation, Distress Tolerance and Interpersonal Effectiveness. A significant part of the session will be experiential, giving participants the opportunity to learn and practice selected DBT skills together, to gain a real sense of how these approaches work in practice.

Course Objectives

After attending this course you will be able to understand:

- Outline the origins and development of Dialectical Behaviour Therapy and its evidence base within mental health care.
- Explain the structure and purpose of DBT-informed skills groups and the four core skills modules: Mindfulness, Emotion Regulation, Distress Tolerance and Interpersonal Effectiveness.
- Practice and experience selected DBT skills during the workshop, gaining insight into how these techniques can be introduced and applied in clinical settings.

About our speaker

Andy Small is a Cognitive Behavioural Psychotherapist and leads the EMERGE Leeds Dialectical Behaviour Therapy Team. He has worked in mental health services for 30 years, with roughly half of that time dedicated to supporting people with complex emotional needs. Andy's journey with DBT began a decade ago and has since become a driving force in his clinical and service development work. He is passionate about making evidence-based interventions accessible and empowering individuals to develop skills that support recovery and a life worth living.