

Integrating Artificial Intelligence into Dialectical Behavior Therapy (DBT)



SEH ACADEMY

Integrating Artificial Intelligence into Dialectical Behavior Therapy (DBT)

Program Overview

This advanced program is designed to equip participants with the knowledge and skills to apply Dialectical Behavior Therapy (DBT) in real-life and professional settings, while integrating Artificial Intelligence tools to enhance assessment, intervention, and treatment planning.

DBT is one of the most effective approaches for managing:

- Emotional dysregulation
- Impulsivity
- Stress and interpersonal challenges

This program focuses on:

- Building strong foundations in DBT
- Developing practical therapeutic skills
- Understanding emotional and behavioral patterns
- Using AI as a supportive tool to improve clinical decision-making

Participants will learn how to combine clinical expertise with AI-assisted tools to improve outcomes and efficiency.

Program Duration

- 36 Training Hours
- Graduation Project Included

Program Structure (7 Weeks)

Week 1: Foundations of DBT and the Role of AI

- Introduction to DBT principles
- Biosocial theory of emotional dysregulation
- Core DBT components
- Overview of AI in mental health
- Ethical considerations

Week 2: Mindfulness Skills

- Core mindfulness concepts
- Observing and describing experiences
- Non-judgmental awareness
- Applying mindfulness in therapy
- AI-supported reflective tools

Week 3: Distress Tolerance Skills

- Managing crisis situations
- Techniques for emotional survival
- Reducing impulsive reactions
- Grounding and stabilization strategies
- Practical applications

Week 4: Emotion Regulation Skills

- Understanding emotions
- Identifying emotional triggers
- Reducing emotional vulnerability
- Building positive emotional experiences
- Structured intervention planning

Week 5: Interpersonal Effectiveness

- Communication skills
- Setting boundaries
- Managing conflicts
- Building healthy relationships
- Role-play and practice

Week 6: Advanced Practice and AI Integration

- Structuring DBT sessions
- Case formulation
- Using AI for session support and planning
- Behavioral pattern analysis
- Ethical use of AI in therapy

Week 7: Integration and Practical Application

- Designing full DBT treatment plans
- Applying DBT skills in real cases
- Supervised practice
- Preparing graduation project

Graduation Project

Participants will develop a complete DBT case file including:

- Initial assessment
- Case formulation using DBT model
- Identification of emotional and behavioral patterns
- Structured treatment plan
- Application of DBT skills
- Reflection and analysis

Learning Outcomes

By the end of this program, participants will be able to:

- Apply DBT skills professionally
- Manage emotional dysregulation cases
- Analyze behavioral patterns effectively
- Design structured treatment plans
- Integrate AI tools into therapy practice
- Improve therapeutic outcomes

Conclusion

This program is designed for those who want to move beyond theoretical understanding and develop real therapeutic skills.

It is not just about learning DBT...

It is about applying it effectively in modern practice.

About SEH International

SEH International is a leading training and professional development institution specialized in delivering high-impact, practical programs across various fields. With a strong focus on real-world application, SEH bridges the gap between theoretical knowledge and operational excellence.

Our programs are designed to equip participants with practical skills, enabling them to manage operations efficiently and make informed decisions based on data, in line with modern market demands and international standards.

