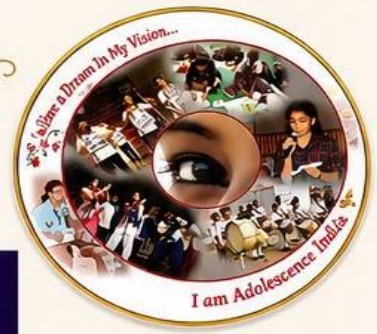




You are cordially invited to the

WEBINAR BASED WORKSHOP ON

DIALECTICAL BEHAVIOR THERAPY (DBT)



SPECIAL FOCUS ON
BORDERLINE PERSONALITY DISORDER

THEMES TO BE COVERED



01 Orientation to the basic Principles of Dialectical Behavior Therapy



02 Emotional Dysregulation and Behavioural Manifestation seen in Borderline Personality Disorder



03 Dialectical & Behavioural Techniques with Examples and Video Discussion



04 Individual Focused Intervention in Managing Emotional and Behavioural Concerns in Patient with Borderline Personality Disorder (Case Study Approach)

DATE

22nd Aug 2026

VENUE

Library,
Moolchand Medcity,
New Delhi

TIMINGS

9:00am to
4:30pm



Please Note :

**Certificate of Honour
& Completion**

Basic Academic Material
shall be accorded to all
Participants!



WHO CAN PARTICIPATE

BA/ MA/ MPhil/Phd in
Psychology &
Allied Professionals

FOR REGISTRATION

Register Directly to UPI :

manovidyaindia@indianbk

GPay & Paytm No:

9999564366

(Priya Sharma)

Link for registration :

<https://forms.gle/wyH9mFfbyvrRu4Xk7>

For further information you may please contact us at
9999564366, 7701979773 & 9911511728

Website : www.expressionsindia.org

Report- Dialectical Behavior Therapy (DBT)

Dialectical Behavior Therapy (DBT) is a structured, evidence – based form of psychotherapy that focused on developing emotional regulation, distress tolerance, mindfulness and interpersonal effectiveness. It helps individuals understand and manage intense emotions while reducing maladaptive patterns of behavior. DBT emphasis balancing acceptance of one's experiences with the motivation to bring about positive behavioral change.

Borderline Personality Disorder (BPD) is a psychological condition characterised by persistent difficulties in emotional regulation, self-image, interpersonal relationships, and behavioural control. Individuals with BPD may experience intense and rapidly changing emotions, sensitivity to perceived rejection, and instability in relationships. They may also show impulsive behaviours and difficulty maintaining a stable sense of self. BPD is often associated with significant emotional distress and challenges in interpersonal functioning.

An **Interactive Learning Workshop on Dialectical Behavior Therapy** was successfully conducted on 22nd August '2026 (Saturday) by **Dr. Tanuja Bhardwaj**. The workshop aimed to provide participants with a deeper understanding of the therapeutic framework, its clinical relevance and the process of applying DBT- based interventions in psychological practice. The session also introduced **Borderline Personality Disorder (BPD)**, with emphasis on its psychological features, associated emotional and behavioural concerns, and therapeutic considerations. Participants were encouraged to develop practical insight into DBT-based therapeutic skills and their application in addressing emotional and behavioural difficulties.

The workshop witnessed active participation from undergraduate, postgraduate students, school students, counsellors, and learners from psychology and allied disciplines. The session provided participants with an opportunity to deepen their understanding of **Dialectical Behaviour Therapy (DBT)** and its practical applications. Along with DBT, **Borderline Personality Disorder (BPD)** was also discussed, with emphasis on its psychological features and therapeutic considerations. The workshop helped participants connect theoretical concepts with practical understanding and strengthened their awareness of therapeutic approaches relevant to emotional and behavioural concerns.

The facilitator commenced the workshop with an engaging reflective ice-breaker activity titled "*Revisit Your Life.*" Participants were encouraged to reflect upon significant experiences from their lives, identify the emotions associated with those experiences, and share their reflections during the discussion. This activity created a safe and interactive space for participants to explore emotional experiences and understand the importance of emotional awareness. The workshop then progressed into a structured conceptual session, introducing the theoretical framework, clinical relevance, and practical applications of Dialectical Behaviour Therapy (DBT). The session also explored Borderline Personality Disorder (BPD), focusing on its psychological

characteristics, emotional and behavioural patterns, and the relevance of DBT-based interventions in understanding and addressing these concerns.

Following the conceptual session, participants were divided into small groups to facilitate collaborative learning and discussion. Each group was provided with brief situations and case histories related to emotional and behavioural concerns. Participants were encouraged to carefully examine the given cases, identify the key psychological concerns, and reflect on the emotions, thoughts, and behavioural patterns presented. They discussed the possible challenges experienced by the individuals in the cases and considered appropriate DBT-based approaches for addressing them. The activity encouraged participants to apply their theoretical understanding to practical situations. It also promoted critical thinking, active participation, and a deeper understanding of the therapeutic considerations involved in working with BPD and related concerns. Each group later shared their observations and reflections, contributing to an interactive and meaningful learning experience.

The workshop concluded with a **comprehensive discussion** on the practical applications, clinical significance, and therapeutic considerations of **Dialectical Behaviour Therapy (DBT)**, particularly in relation to **Borderline Personality Disorder (BPD)**. The concluding session highlighted the relevance of DBT-based approaches in understanding emotional dysregulation, behavioural patterns, interpersonal difficulties, and the development of adaptive coping skills. Participants were also encouraged to reflect on the importance of applying therapeutic principles appropriately within psychological and counselling settings. The session provided an opportunity to consolidate the concepts discussed throughout the workshop and relate them to practical psychological concerns. Certificates were awarded to the participants, marking the successful completion of the workshop and acknowledging their active participation.

Overall, the workshop provided participants with a meaningful and interactive learning experience focused on DBT and BPD. The combination of reflective activities, conceptual discussions, and case-based exercises helped participants connect psychological theory with practical understanding. The session enhanced their awareness of emotional regulation, behavioural patterns, interpersonal concerns, and therapeutic approaches, while encouraging thoughtful reflection on their application in psychological and counselling settings.