

DBT Skills for School Professionals

Join this 5 week course taught by certified DBT clinicians.
Learn how to teach DBT skills to students, effectively manage difficult situations, and enhance their academic success.

Tuesdays 8-10am PST | 10am-12pm CST | July 12-August 9 | \$500

Strategies Taught:

- Mindfulness to increase focus on school
- Emotion regulation skills to change interfering emotions
- Behavioral assessment to improve decision making
- In the moment crisis survival skills to reduce impulsivity
- Interpersonal skills to increase validation, assertiveness, and ability to resolve conflicts



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