



Using Dialectical Behavior Therapy in Schools and Mental Health Counseling

Presenter: Anette Birgersson

Date: March 17, 2024

Time: 10:00 AM to 1:15 PM ET *(All times East Coast USA Local Time)*

I. 10:00 a.m. – 11:30 p.m.

- Introduction and overview
- DBT in school and mental health settings
- DBT as a way of thinking about problematic behaviors from a needs and vulnerability perspective
- Key concepts of DBT
- Trauma symptoms
- Symptom awareness

II. 11:30 p.m. – 11:45 p.m.

- Break

III. 11:45 p.m. – 1:15 p.m.

- What needs and vulnerabilities do teens present with?
- Validation
- Overview of modules and skills
- Overview of "wisemind" and mindfulness
- Overview of emotion regulation skills
- Overview of relationship skills
- Getting buy-in

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