



Using Dialectical Behavior Therapy in Schools and Mental Health Counseling

Presenter: Anette Birgersson

Recorded on: March 17, 2024

Length: 3 hours

1 hour and 30 minutes

- 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

1 hour and 30 minutes

- 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

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