



Advanced Skills for Using Dialectical Behavior Therapy with Children and Teens

Presenter: Anette Birgersson

Recorded on: April 25, 2024

Length: 3 hours

1 hour and 30 minutes

- Introduction and overview
- Developing a deeper understanding of DBT's key concepts, modules and skills
- Effectively addressing problematic behaviors with DBT
- Applying DBT skills in school counseling and other mental health settings
- Skills for engaging young clients in treatment
- A closer look at trauma symptoms

1 hour and 30 minutes

- Using validation as a super-power in treatment
- Understanding “Wisemind” and how it differs from “emotional mind” and “reasonable mind”
- Deepening skills for emotion regulation and distress tolerance
- Building relationship skills in a DBT framework
- Deepening skills at gaining buy-in with recalcitrant clients

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