

# DBT Skills In Schools: Steps-A

DBT Steps-A curriculum is an emotional problem-solving curriculum based upon Dialectical Behavioral Therapy. It is designed for adolescents with the goal of teaching skills for emotion management, interpersonal communication and decision-making. The curriculum has a focus on upstream prevention to mental wellness, with a whole child approach.

*The WISH Center is hosting the following training sessions on DBT Steps-A. Join us for the session that meets your needs, based upon the level of implementation readiness of your school or system.*

## DBT STEPS-A CURRICULUM INTRODUCTION

**Sept 16, 2022 8:30am - 10:00am (Zoom session, FREE)**

REGISTRATION: [https://login.myquickreg.com/register/event/event.cfm?from\\_cms=1&eventid=32343](https://login.myquickreg.com/register/event/event.cfm?from_cms=1&eventid=32343)

This session will introduce participants to the DBT Steps A curriculum, including:

- An introduction to Dialectical Behavior Therapy (DBT)
- An overview of the curriculum content and areas of focus
- Exploration of the curriculum outcomes, curriculum sequence and lesson examples
- Examination of implementation in Tiers 1, 2 and 3.

This session is a good fit for individuals or teams that are in the exploration stage of readiness, desiring to know what this curriculum entails and still determining if this curriculum would be a good fit for their system.

## DBT STEPS -A IMPLEMENTATION SUPPORT SESSIONS

**Dates below, Wednesdays from 8:30am-9:30am (Zoom, \$50 for series)**

REGISTRATION: [https://login.myquickreg.com/register/event/event.cfm?from\\_cms=1&eventid=32349](https://login.myquickreg.com/register/event/event.cfm?from_cms=1&eventid=32349)

For more discussion and resources on DBT In Schools implementation join the WISH Center for implementation support sessions.

- January 18, 2023
- February 1, 2023
- February 15, 2023
- March 8, 2023
- April 12, 2023
- April 26, 2023

## SESSION QUESTIONS? CONTACT WISH CENTER REGIONAL COORDINATORS:

Alissa Darin, [adarin@cesa1.k12.wi.us](mailto:adarin@cesa1.k12.wi.us), 262-787-9786  
Jackie Schoening, [jschoening@cesa6.k12.wi.us](mailto:jschoening@cesa6.k12.wi.us), 920-236-0515

## REGISTRATION ASSISTANCE:

Kalli Rasmussen, WISH Center Communications and Project Coordinator  
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All session Zoom links will be emailed to registrants.

Participants must obtain their own copy of the book, *DBT Skills in Schools*, ISBN: 9781462525591



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