

Get to Know DBT Skills In Schools: Steps-A

DBT Steps-A curriculum is a universal SEL curriculum for emotional problem-solving 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 and can also be used as a tier 2, 3 strategy to support students struggling with mental health challenges, including anxiety.



These sessions review the DBT Skills in Schools book. Participants order your own copy.

Join the WISH Center for the session that meets your needs, based upon the level of implementation readiness of your school or system.



DBT SKILLS IN SCHOOLS: STEPS-A CURRICULUM INTRODUCTION

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 including, Mindfulness, Distress Tolerance, Emotional Regulation, Interpersonal Effectiveness
- 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.



IMPLEMENTATION SUPPORT SESSIONS

For more discussion and resources on DBT In Schools implementation join the WISH Center for implementation support sessions. Sessions will include collaborative learning experiences and some small group breakouts.

These sessions are a good fit if you or your school team is currently implementing DBT Steps-A.

Participants are encouraged to purchase their own copy of the book before attending the first session.

DBT Skills In Schools: Steps-A can be purchased on Amazon. ISBN: 9781462525591



To learn more about DBT Skills In Schools: Steps-A and the support provided by the WISH Center visit <https://www.wishschools.org/resources/index.cfm> or contact your WISH Center Regional Coordinator



Get to Know DBT Skills In Schools: Steps-A

Sessions require a minimum number of participants. Please register early so we can plan accordingly.

LEARNING FORMAT

Online - All session Zoom links will be emailed to registrants.

REGISTRATION

Curriculum Introduction Sessions

FREE, Register for one session

- September 22, 2023, Zoom [8:30am-10:00am]

Register here:

<https://login.myquickreg.com/register/event/event.cfm?eventid=33884>

- January 23, 2024, Zoom [8:30am-10:00am]

Register here:

<https://login.myquickreg.com/register/event/event.cfm?eventid=33901>

Implementation Support Sessions

\$50.00 for the series, please join all session dates

- January 31, 2024
- February 14, 2024
- March 6, 2024
- March 13, 2024

All sessions on Zoom [8:30am-9:45am]

Register here:

<https://login.myquickreg.com/register/event/event.cfm?eventid=33902>

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

CANCELLATION POLICY: If cancellation is not received one week prior to the event, the participant will be billed \$25 to cover the cost of financial obligations created by registration such as meals, room, materials, etc.

REGISTRATION FEE

- \$50.00 for the series
- Payable to CESA #4 - options in registration to pay by credit card or select 'invoice to school'

QUESTIONS ABOUT THIS TRAINING?

- [Contact Your WISH Center Regional Coordinator](#)

"I like the practical suggestions on how to use each skill."
-Support Session Participant, 2023

"Great overview for those who were not familiar with the curriculum at all and wanted to gather information."
-Introduction Session Participant, 2023

FOR REGISTRATION ASSISTANCE CONTACT: Kalli Rasmussen, CESA #4, (608)786-4832, krasmussen@cesa4.org



@WISHschools



SCAN FOR TRAINING INFO