

# DBT for You

Building Lives Worth Living

## Middle and High School Staff Training

We recognize that school staff are overburdened with the mental health needs of their students. Teachers, counselors, and administrators are exhausted and overwhelmed by these needs, which they are not well trained to manage. DBT for You is now offering staff trainings to help educators and school counselors more effectively teach emotional problem-solving, both in the moment to students in distress during the school day, and as part of a more universal curriculum to teach students how to prevent emotional escalation.

DBT, or Dialectical Behavior Therapy, is a mental health treatment that is popular and effective with people who have difficulty with emotion regulation and impulse control. It is a skill-based approach, where clinicians teach their clients how to regulate their emotions and problem-solve.

Over the past ten years, DBT has been adapted for use in schools. The program is called DBT STEPS-A. School counselors and teachers across the country are being trained to provide this psycho-educational skill program to their students.

[www.dbtforyou.org](http://www.dbtforyou.org)

603-285-9129

In a series of workshops, staff will be taught the behavioral principles behind DBT STEPS-A, as well as the specifics of how to use emotion regulation, mindfulness, distress tolerance, walking the middle path, and interpersonal effectiveness skill sets with their students. School counselors and teachers will identify how DBT STEPS-A can be used within the school day with students who present with a wide variety of executive functioning and emotional problem-solving learning needs.

DBT STEPS-A is not a therapy program. It is a curriculum used to teach skills to youth. We educate staff using the workbook *DBT Skills in Schools: Skills Training for Emotional Problem Solving for Adolescents (DBT STEPS-A)* by Mazza et al.

We offer two training options:

- Small group learning opportunities for your school. Our facilitators will create a training specific for the needs of your team. These trainings can be in-person or virtual, and are intended for up to 15 attendees.
- Online training for school staff who are interested in learning more about DBT, and their district is currently unable to provide a training specific for their team. Attendees will be school counselors, special educators, nurses and administrators from schools anywhere in the country.

If you are interested in learning more about what we do please contact us:

Visit us at [www.dbtforyou.org](http://www.dbtforyou.org)

Call us at 603-285-9129

Email us at [info@dbtforyou.org](mailto:info@dbtforyou.org)

**We look forward to talking with you!**

DBT for You

DBTventies

DBTeens

DBTweens