

DBT in Schools: Balancing Acceptance (Validation skills) with Change (Emotion regulation skills)

Date: October 13, 2023

Presenter: Julia Brillante, Psy.D.

Location:

Monmouth Mall, Lower Level

180 Route 35 (Routes 35 & 36)

Eatontown, NJ 07724 For directions to the Mall, access our website at: www.rpdacademy.org

Time:

8:30 am Registration and Coffee

9:00 am - 1:00 pm Seminar presentation (Lunch will not be provided)

Fee:

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

Audience: All Levels

Seminar Description:

DBT in Schools: Balancing Acceptance (Validation skills) with Change (Emotion regulation skills)

Dialectical Behavior Therapy (DBT) is a comprehensive treatment for helping individuals with significant difficulty managing their emotions and behavior. DBT skills can be used and taught within the school setting to help middle and high school students better cope with emotionally-charged situations and feel more understood.

This workshop focuses on an in-depth teaching of validation, a critical skill in DBT, which entails communicating that someone's thoughts, feelings, or actions make sense, are true, or are understandable given the circumstances. It is a powerful tool to help de-escalate conflicts, reduce the intensity of emotions, improve relationships, and help teens feel more understood. Validation helps us better understand students' concerns and is an important step to help students be more open to problem-solving or change strategies. School-based staff will be provided with an overview of DBT, in-depth learning and practice of validation skills, followed by teaching specific emotion regulation (change) skills to reduce or change intense emotions-- including check the facts (based on cognitive restructuring) and opposite action (exposure-based strategy). The intended audience for this workshop includes school-based staff, including teachers, counselors, paraprofessionals, child study team members, other support staff, and administrators.

Outcome Objectives: Participants will be able to:

- Gain knowledge of Dialectical Behavior Therapy (DBT) for teens and how it helps
- Understand what validation is and steps for how to do it
- Learn the levels of validation and practice how to use with students
- Understand how validation is important for change and how it can lead to problem-solving
- Learn how to use/teach emotion regulation (change) skills- including check the facts and opposite action

Participants will gain knowledge and skills in:

- Dialectical Behavior therapy for adolescents
- Emotion Regulation skills to change emotions
- Validation skills to de-escalate conflict, build understanding, and help lead to problem-solving

P.D.U.: 4.0 hours

NOTE:

- ❖ **Participants will be expected to engage in interactively practicing DBT skills during workshop.**