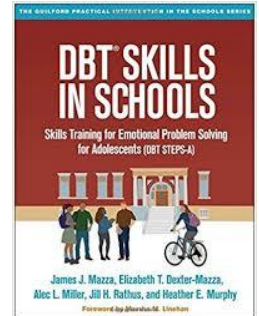


Dialectical Behavior Therapy: Practical Applications for Schools

Course Description: Dialectical Behavior Therapy (DBT) Skills Training is part of a specific form of Cognitive Behavior Therapy that was created by Dr. Marcia Linehan to treat Borderline Personality Disorder. Over the years, these skills have proven to benefit adolescents experiencing depression, anxiety, self-harming behaviors, and suicidal ideation. Recently, the skills have been integrated into the school setting to help all students manage stress and anxiety in a healthy way. This course will use the text, *DBT Skills in Schools: Skills Training for Emotional Problem Solving for Adolescence*, to provide participants with an understanding of the skills taught and the structure of a DBT Skills program. Participants will engage in hands-on activities and projects and have plenty of opportunity to share ideas and ask questions. The goals of this course include providing participants with: (1) an understanding of DBT skills; (2) specific strategies to integrate these skills into their work with students, and into their lives for self-care; and (3) an informal peer consultation group.



Please purchase the Required Text: Mazza, J., Dexter-Mazza, E., Miller, A., Rathus, J., Murphy, H. (2016). *DBT Skills in Schools: Skills Training for Emotional Problem Solving for Adolescence*.

Suggested/Optional Text: Rathus, J. and Miller, A. (2015) *DBT Skills Manual for Adolescents*.

About the Instructor: Gabrielle (Gabby) Siraco, LICSW is a TEC High School Adjustment Counselor who has worked in the adolescent mental health field for 19 years. Gabby's focus as a middle school and high school adjustment counselor has been to identify evidence-based practices to share with her students and colleagues in order to enhance student and teacher wellbeing. Since 2012, Gabby has been working on sharing creative ways to integrate DBT skills into the school environment through providing staff professional development, facilitating small skills groups and teaching DBT skills in the general education classroom.

Audience: Middle & High School Teachers, Counselors, Nurses

Location: TEC Professional Learning Center in E. Walpole & online

Date & Time: Monday-Wednesday, July 30, 31, August 1, 2018
8:30AM – 3:00PM

Earn: 24 PDPs

Online: October 17 & November 14, 2018

Cost: \$360 TEC Members / \$410 Non-TEC Members

6:30PM – 9:30PM

Grad Credit: 2 credits from Worcester State University for an additional \$250, payable at the first class



To register: Go online to http://www.tec-coop.org/PDL_RegForm.html or complete this form and send, **along with a check or PO**, to:
TEC Professional Development, 141 Mansion Drive, Suite 200, E. Walpole, MA 02032

Register me for "Dialectical Behavior Therapy" on 7/30/18!

TEC Member District: \$360 Non-TEC Member District/Private School: \$410

Name: _____ School: _____

Home address: _____ Role: _____

City, state, zip code: _____ Address: _____

Email: _____ City, state, zip code: _____

Home phone: _____ Work phone: _____

Withdrawals: No credits/refunds will be given unless TEC is notified 10 business days before the first class. All payments processed upon receipt. There is a \$5 cancellation fee.