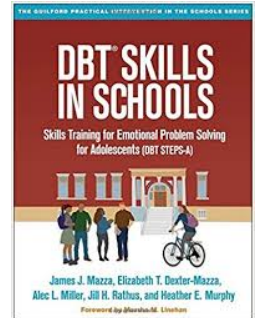


Dialectical Behavior Therapy: Practical Applications for Schools

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 is for educators who have some basic knowledge of DBT Skills Training and would like to increase their comfort with teaching the skills to others. The goal of this course is to provide participants with the opportunity to deepen their understanding of DBT Skills through hands-on activities, discussion, and class presentations.



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



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

About the Instructor: **Gabrielle (Gabby) Siraco**, LICSW is a TEC High School Adjustment Counselor who has worked in the adolescent mental health field for 20 years. Gabby's focus as a middle school and high school adjustment counselor has been to identify evidence-based interventions to share with her students and colleagues in order to enhance student and teacher well being. 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.

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| Audience | Special Educators and Counselors |
| Date & Time | Wednesday – Friday, July 17, 18, & 19, 2019 from 8:30AM – 3:00PM Thursdays, October 24 and November 21, 2019, online from 6:30PM – 9:30PM |
| Location | July 17 – 19, TEC Professional Development Center in E. Walpole October 24 and November 21, online |
| Cost | \$360 TEC Members / \$410 Non-TEC Members |
| Earn | 24 PDPs |
| Grad Credit | Optional 2 credits from Worcester State University – \$250 – due upon initial registration |

To register for the course: Go online to <https://teccoop.wufoo.com/forms/dialectical-behavior-therapy/>
You will be able to sign up for graduate credit at the time of registration.

*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.*