

[DBT Skills Training Schedule] | [2012]

Date	Module	Topic	Homework Assigned
5/17/12		Introduction to Skills Training	
5/24/12	Mindfulness	Introduction to Intentional Awareness: Through Mindfulness	
5/31/12	Mindfulness	States of Mind Training: Dialectics Regarding our States of Mind	Dialectics Worksheet
6/7/12	Mindfulness	WHAT skills	WHAT Skills Worksheet
6/14/12	Mindfulness	HOW Skills	HOW Skills Worksheet
6/21/12	Emotion Regulation	Factors Reducing Emotion Regulation	
6/28/12	Emotion Regulation	Functions of Emotions Model for Describing Emotions	Observing and Describing Emotions Ways to Describe Emotions
7/12/12	Emotion Regulation	Changing Emotional Responses	Check the Facts
7/19/12	Emotion Regulation	Deciding What Steps to Take to Change Emotions	Opposite Action
7/26/12	Emotion Regulation	Problem Solving to Change Emotions	Problem-Solving
8/2/12	Emotion Regulation	ABC/PLEASE skills	Goal Setting
8/9/12	Emotion Regulation	Accumulating Positive Emotions Long-Term	Values Worksheet
8/16/12	Emotion Regulation	Building Mastery	Building Mastery Coping Ahead
8/23/12	Emotion Regulation	Skills for Managing Really Difficult Emotions	Trouble Shooting Problems in Emotion Regulation
8/30/12	Self-Validation/Compassion Training	Understanding Validation	Self-Validation Compassion worksheets
9/6/12	Self-Validation/Compassion Training	Sacred Self	Self-Validation Compassion worksheets
9/13/12	Distress Tolerance	Introduction to Living Through Crisis	
9/20/12	Distress Tolerance	Self-Soothe	
9/27/12	Distress Tolerance	Distract/ACCEPTS	
10/4/12	Distress Tolerance	IMPROVE the Moment	
10/11/12	Distress Tolerance	Radical Acceptance	
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