

Christian DBT Skills Training Schedule | 2012

Date	Module	Topic	Homework Assigned
3/9/12		Introduction to Skills Training	Beginner's Mind Record
3/16/12	Intentional Living/Mindfulness	Introduction to Intentional Living Through Contemplative Prayer	Contemplation Record 1 week for 5 minutes a day
3/23/12	Intentional Living/Mindfulness	States of Mind Training: Dialectics Regarding our States of Mind	Dialectics Worksheet
3/30/12	Intentional Living/Mindfulness	WHAT skills	WHAT skills worksheet
4/6/12	Intentional Living/Mindfulness	HOW Skills	HOW skills worksheet; Intentional Living Skills Diary Card
4/27/12	Sacred Living/Emotion Regulation	Introduction to Sacred Living Factors Reducing Emotion Regulation	
5/4/12	Sacred Living/Emotion Regulation	Functions of Emotions Model for Describing Emotions	Observing and Describing Emotions Ways to Describe Emotions
5/10/12	Sacred Living/Emotion Regulation	Changing Emotional Responses	Check the Facts
5/18/12	Sacred Living/Emotion Regulation	Deciding What Steps to Take to Change Emotions	Opposite Action
5/25/12	Sacred Living/Emotion Regulation	Problem Solving to Change Emotions	Problem-Solving
6/1/12	Sacred Living/Emotion Regulation	ABC/PLEASE skills	Spiritual Disciplines
6/15/12	Sacred Living/Emotion Regulation	Accumulating Positive Emotions Long-Term	Values Worksheet
6/22/12	Sacred Living/Emotion Regulation	Building Mastery/Sacred Temple	Building Mastery Coping Ahead
6/29/12	Sacred Living/Emotion Regulation	Skills for Managing Really Difficult Emotions	Trouble Shooting Problems in Emotion Regulation
7/6/12	Self-Validation/Compassion Training	Understanding Validation	Self-Validation Compassion worksheets
7/13/12	Self-Validation/Compassion Training	Sacred Self	Self-Validation Compassion worksheets
7/20/12	Living Through Crisis/Distress Tolerance	Introduction to Living Through Crisis	
7/27/12	Living Through Crisis/Distress Tolerance	Self-Soothe	