

DBT Skills Inside Out Schedule (February 2022-August 2022)

Sessions run on Thursday mornings from **8:00-9:00am Pacific Time** via Zoom.

Date	Emotion Regulation Module	Notes
2/10/2022	Mindfulness what skills	
2/17/2022	Mindfulness how skills	
2/24/2022	Intro to ER, Functions of Emotions	
3/3/2022	Model of Emotions/Observing and Describing Emotions	
3/10/2022	Check the Facts/Problem-Solving	
3/17/2022	Opposite Action	
3/24/2022	A	
3/31/2022	BC	
4/7/2022	PLEASE	
4/14/2022	Mindfulness of Current Emotion	
	Distress Tolerance Module	
4/21/2022	Mindfulness what skills	
4/28/2022	Mindfulness how skills	
5/5/2022	Intro to DT: STOP & TIPP	
5/12/2022	Pros and Cons, Self soothe	
5/19/2022	IMPROVE, ACCEPTS	
5/26/2022	Radical Acceptance	
6/2/2022	Turning the mind & half smile, willing hands	
6/9/2022	Willingness, mindfulness of current thoughts	
	Interpersonal Skills Module	
6/16/2022	Mindfulness what skills	
6/23/2022	Mindfulness how skills	
6/30/2022	Intro to IE, clarifying interpersonal priorities	
7/7/2022	DEARMAN	
7/14/2022	GIVE	

7/21/2022	FAST	
7/28/2022	Options for intensity of making requests (dime game)	
8/4/2022	Self-Validation	

The series will restart on 8/12 with our Emotion Regulation Module. For more information, please visit <https://www.uwcspar.org/dbt-skills-from-the-inside-out.html>.