

DBT Skills Inside Out Schedule (December 2021-June 2022)

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

Date	Module	Notes
12/2/2021	Interpersonal Skills	
12/9/2021	Interpersonal Skills	
12/16/2021	Interpersonal Skills	
12/23/2021	NO SESSION	Holidays
12/30/2021	NO SESSION	Holidays
1/6/2022	Interpersonal Skills	
1/13/2022	Interpersonal Skills	
1/20/2022	Interpersonal Skills	
1/27/2022	Interpersonal Skills	
2/3/2022	Interpersonal Skills	
2/10/2022	Distress Tolerance	
2/17/2022	Distress Tolerance	
2/24/2022	Distress Tolerance	
3/3/2022	Distress Tolerance	
3/10/2022	Distress Tolerance	
3/17/2022	Distress Tolerance	
3/24/2022	Distress Tolerance	
3/31/2022	Distress Tolerance	
4/7/2022	Emotion Regulation	
4/14/2022	Emotion Regulation	
4/21/2022	Emotion Regulation	
4/28/2022	Emotion Regulation	
5/5/2022	Emotion Regulation	
5/12/2022	Emotion Regulation	
5/19/2022	Emotion Regulation	
5/26/2022	Emotion Regulation	
6/2/2022	Emotion Regulation	
6/9/2022	Emotion Regulation	
6/16/2022	Interpersonal Skills	Series restarts

For more information, please visit <https://www.uwcsp.org/dbt-skills-from-the-inside-out.html>.