

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 1 - Interpersonal Skills | Notes |
|-------------|--|--------------|
| 12/2/2021 | Mindfulness what skills | |
| 12/9/2021 | Mindfulness how skills | |
| 12/16/2021 | Intro to IE, clarifying interpersonal priorities | |
| 12/23/2021 | NO SESSION | Holidays |
| 12/30/2021 | NO SESSION | Holidays |
| 1/6/2022 | DEARMAN | |
| 1/13/2022 | GIVE | |
| 1/20/2022 | FAST | |
| 1/27/2022 | Options for intensity of making requests (dime game) | |
| 2/3/2022 | Self-Validation | |
| | Module 2 - Emotion Regulation | |
| 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 | |
| | Module 3 – Distress Tolerance | |
| 4/21/2022 | Mindfulness what skills | |
| 4/28/2022 | Mindfulness how skills | |
| 5/5/2022 | Intro to DT: STOP & TIPP | |

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| 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 | |

The series will restart on 6/16 with Module 1 – Interpersonal Skills. For more information, please visit <https://www.uwcspar.org/dbt-skills-from-the-inside-out.html>.