Implementing the DBT Skills in Schools: Skills Training for Emotional Problem Solving for Adolescents (SBT STEPS-A) Curriculum in a Distance Learning Platform

James J. Mazza, PhD
Elizabeth T. Dexter-Mazza, PsyD

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UB Alberti Center
Implementing the DBT Skills in Schools: The DBT STEPS-A Curriculum in a Distance Learning Platform

CHANGE SKILLS
Emotion Regulation
Interpersonal Effectiveness

ACCEPTANCE SKILLS
Mindfulness
Distress Tolerance

Dialectical Thinking
Dialectical Thinking:
Replace “But” with “And”

Laying the foundation for multiple perspectives and validation of self & others.
Mindfulness: Recognize when your emotions are running the show

- Do one thing in the moment
- Be nonjudgmental
- Be effective: is this what you want now or what you want most?
Decrease vulnerability to emotions by taking care of your body

- Maintain physical health
- Limit screen time
- Eat a balanced diet
- Avoid overindulgence
- Sleep
- Exercise daily

(Dixon, 2020)
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In a Crisis and your emotion thermometer is above 65, TIP your body

Temperature
- Cold
- Wet
- Face
- Bent over
- Hold Breath

Intense Exercise
- 20 minutes
- Stop

Paced Breathing
- Exhale longer than inhale
- Parasympathetic NS

TIP: Your body
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Strategies for connecting with students virtually using the DBT STEPS-A curriculum:

1. Use the split screen option to be able to show slides and monitor your students. The more the students can see of your face, the more engaged they will be.
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Strategies for connecting with students virtually using the DBT STEPS-A curriculum:

2. Use reaction emojis, interactive polls, or Kahoot games to break-up instruction and gather data about their understanding or obstacles.
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Strategies for connecting with students virtually using the DBT STEPS-A curriculum:

3. Use embedded videos, virtual or physical whiteboards
For More Information

info@dbtinschools.com

www.dbtinschools.com

Twitter:
@dbtinschools
@JimMazza_PhD
@LizzDexterMazza

Facebook/Instagram:
@DBT in Schools, LLC

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