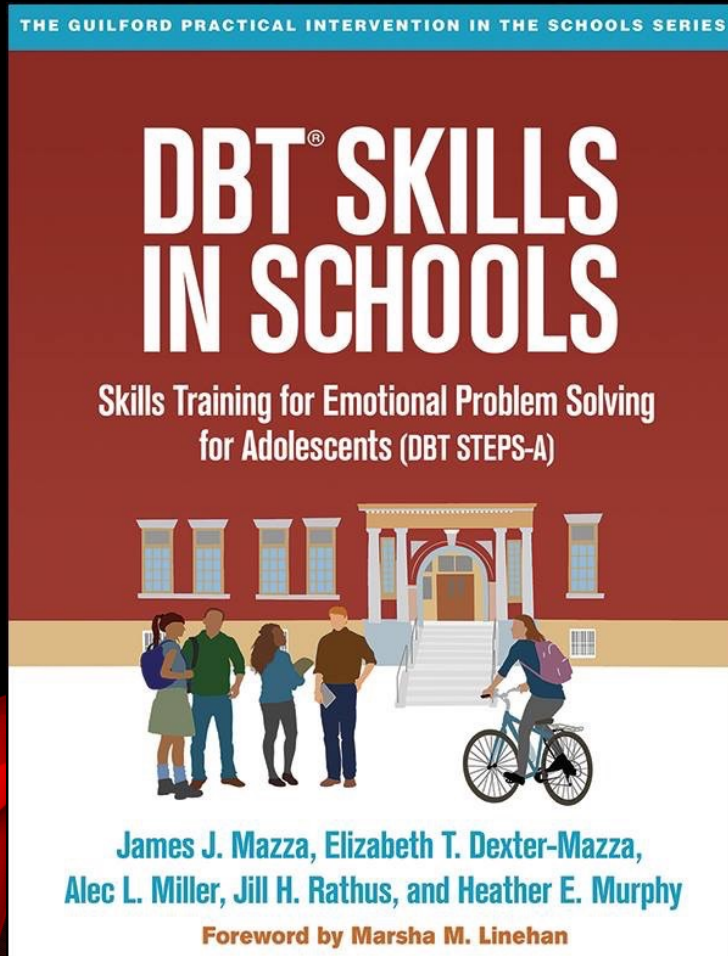


Implementing the DBT Skills in Schools: Skills Training for Emotional Problem Solving for Adolescents (SBT STEPS-A) Curriculum in a Distance Learning Platform



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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

ACCEPTANCE SKILLS

Emotion Regulation
Interpersonal Effectiveness

Mindfulness
Distress Tolerance

Dialectical
Thinking

Dialectical
Thinking:
Replace
“But” with
“And”

Laying the foundation
for multiple
perspectives and
validation of self &
others.

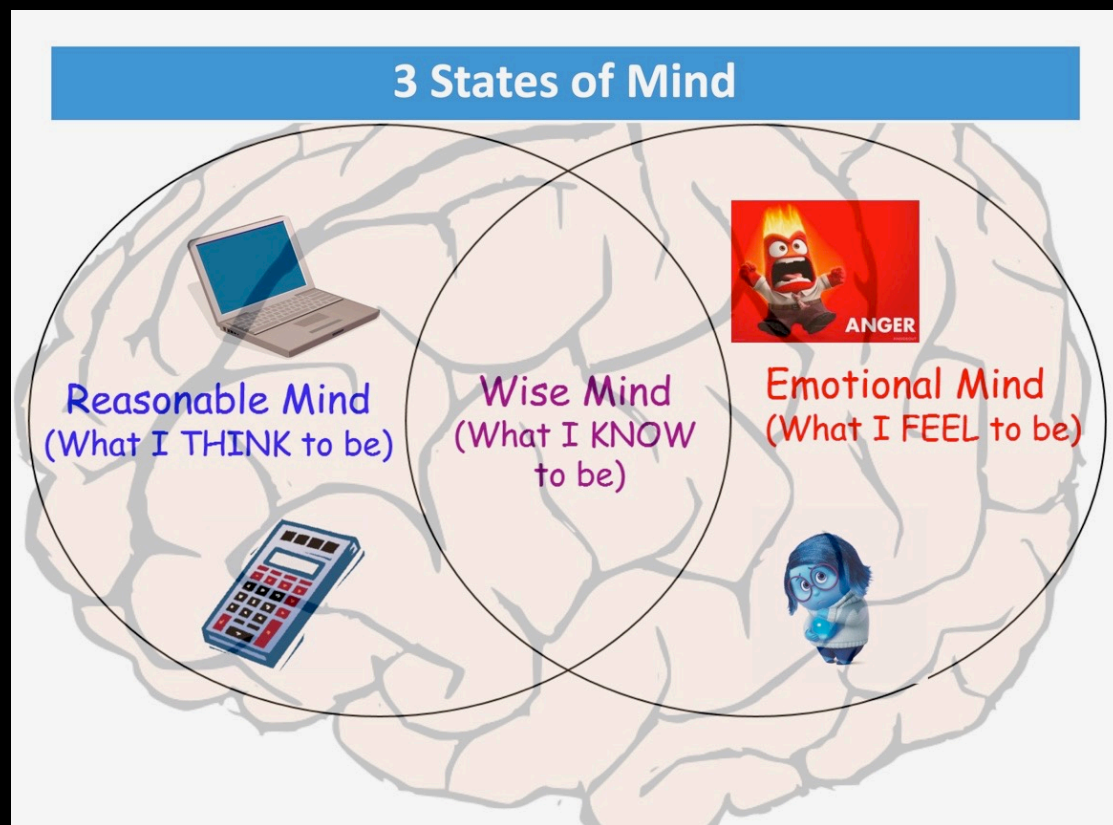


Yes, **BUT**...



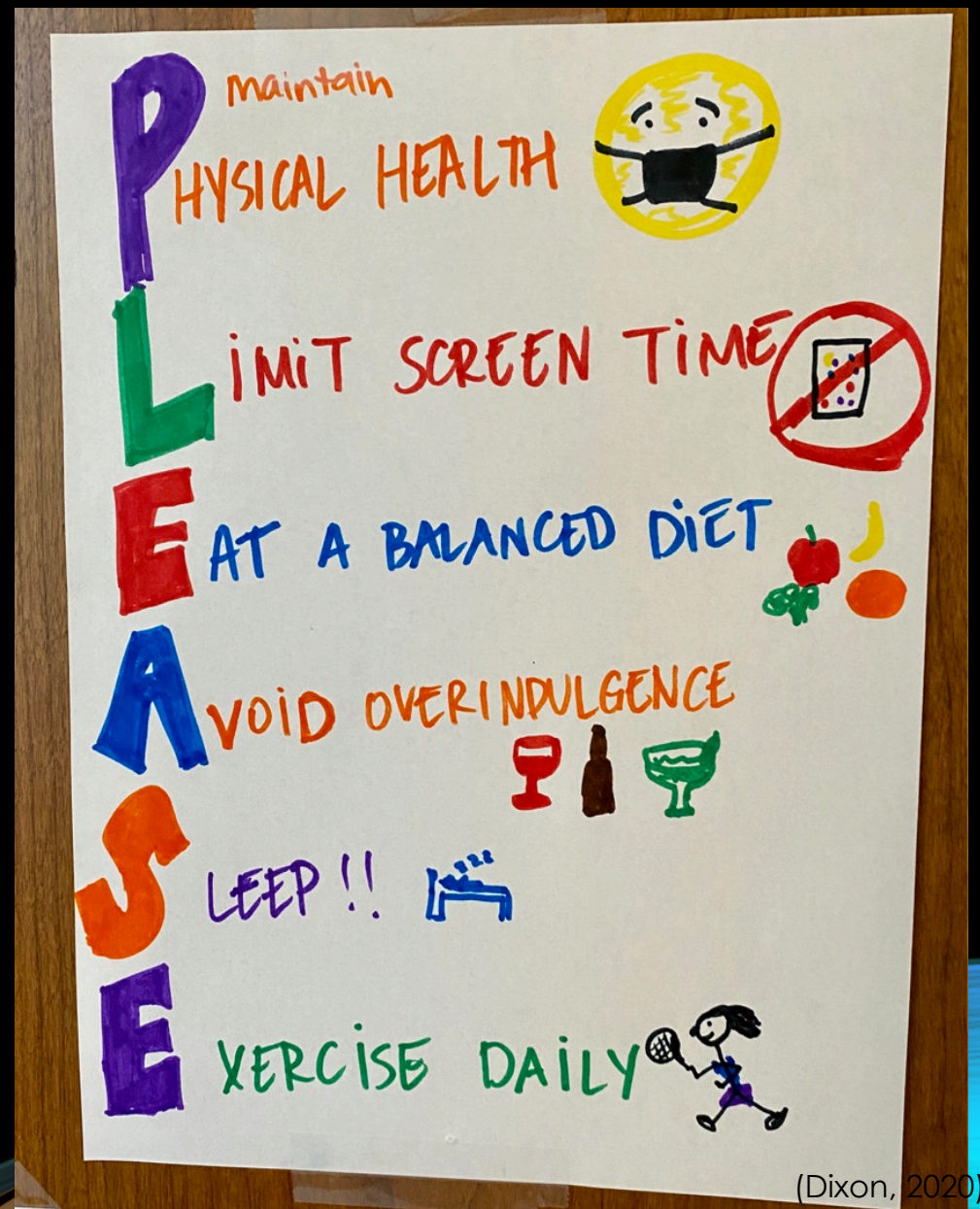
Yes, **AND**...

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



(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



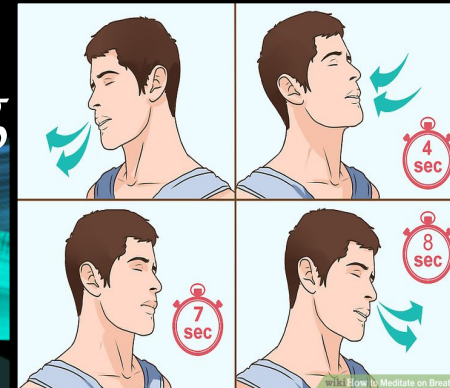
Intense Exercise

- 20 minutes
- Stop



Paced Breathing

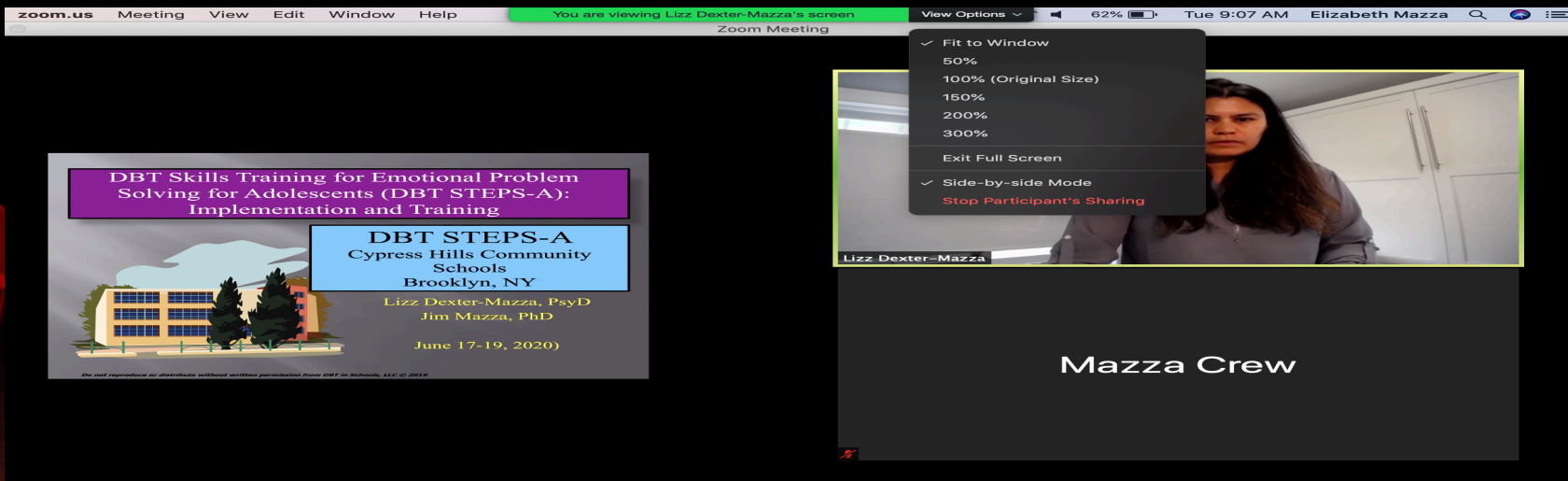
- Exhale longer than inhale
- Parasympathetic NS



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

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.



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

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

Distress Tolerance in Progress 00:00:37

Attendees are now viewing questions 0 of 0 (0%) voted

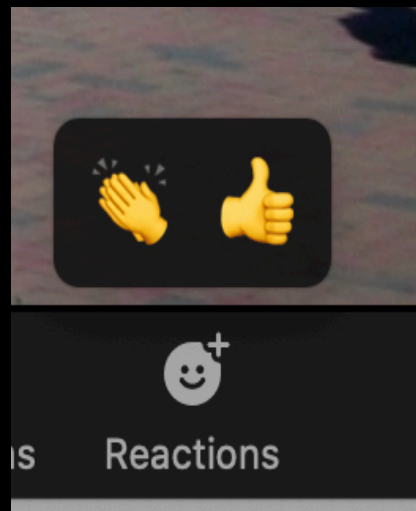
1. What did you find most challenging about the ACCEPTS lesson?

Remembering the different components	(0) 0%
Coming up with the prompting event	(0) 0%
Explanation of the model	(0) 0%
Understanding the relationship between inside the body and outside the bodyt	(0) 0%

2. Do you think you will use the ACCEPTS skill this week?

Yes	(0) 0%
No	(0) 0%

End Poll



How long does an emotion last?

0 0 1 0

Show media

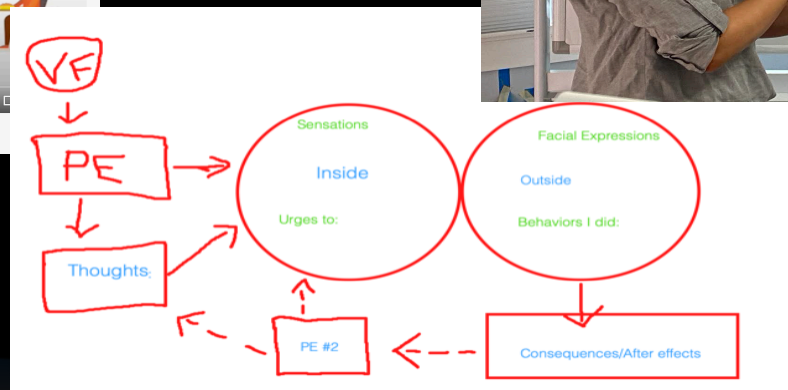
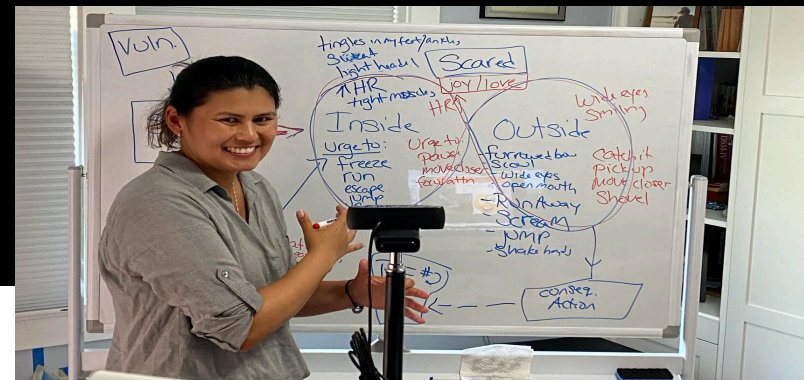
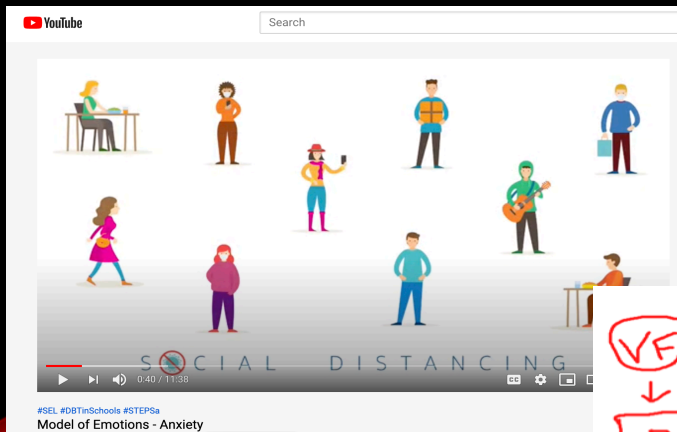
Forever 60-90 seconds 20 minutes

End game

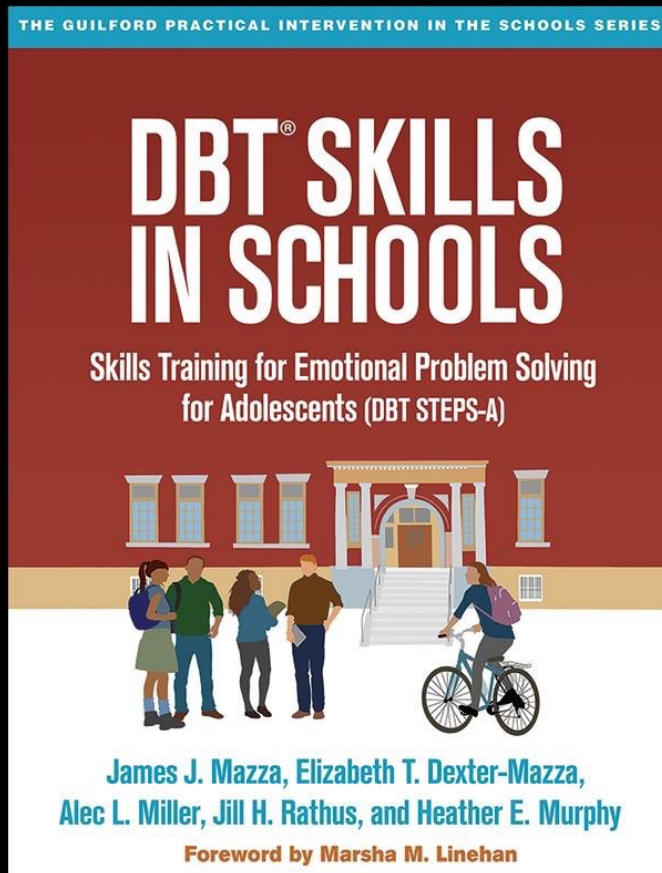
Implementing the DBT Skills in Schools: The DBT STEPS-A Curriculum in a Distance Learning Platform

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

3. Use embedded videos, virtual or physical whiteboards



For More Information



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