

## **DBT Skills Training Schedule 2018-2019**

- All meetings are Thursdays from 4-5:30 unless otherwise noted.
- Parent meetings can have any number of parents. Parent/teen meetings are limited to one parent per teen.
- New families can only join at the beginning of each unit.

### **Emotional Regulation**

Week 1 August 23

Parent only meeting Tuesday August 28 5-6 pm

Week 2 August 30

Week 3 September 6

Week 4 September 13 Parent-teen meeting

Week 5 September 20

### **Distress Tolerance**

Week 1 September 27

Parent only meeting Tuesday October 2 5-6pm

No meeting October 4

Week 2 October 11

Week 3 October 18

Week 4 October 25 Parent –Teen Meeting

Week 5 November 1

### **Interpersonal Effectiveness**

Week 1 November 8

Week 2 November 15

No meeting November 22-Thanksgiving

Parent only meeting Tuesday November 27 5-6pm

Week 3 November 29

Week 4 December 6 Parent/teen meeting

Week 5 December 13

### **Emotional regulation**

Week 1 January 10

Parent only meeting Tuesday January 15 5-6pm

Week 2 January 17

Week 3 January 24

Week 4 January 31 Parent/teen meeting

Week 5 February 7

### **Distress Tolerance**

Week 1 February 14

Parent only meeting Tuesday February 19 5-6pm

Week 2 February 21

Week 3 February 28

Week 4 March 7 Parent/teen meeting

Week 5 March 14

No meetings March 21, March 28 due to spring break schedules

### **Interpersonal Effectiveness**

Week 1 April 4

Parent only meeting Tuesday April 9 5-6pm

Week 2 April 11

Week 3 April 18

Week 4 April 25 Parent/teen meeting

Week 5 May 2

There may be one additional unit scheduled for May and if so, those dates will be announced at a later time.

Modified 8/28/18