

**Parent DBT Skills Training Schedule with Dr. Laurie Little**  
**Tuesdays 5-6 pm, Zoom video**  
**One round (15 sessions total) covers all 4 Core DBT Skills**  
**Members are responsible for practicing skills even if they miss group**  
**EARLY check in number (before 12pm): 536-0560**  
**Please call 536-4673 if canceling**  
**Email: Laurie.little@lindnercenter.org**

Entry Point	Class #	Date	Topic	Handouts
***	1	11/2/21	Introduction to DBT/ Commitment/Wise Mind	general worksheet 1, pg 27; mindfulness worksheet 3, pg 83 (pg 50-51)
	2	11/9/21	<u>Mindfulness</u> : Whats and Hows	mindfulness worksheet 4, 4A, 5, 5A (pg 84,85,88,89)
	3	11/16/21	<u>Mindfulness</u> : loving kindness, doing mind & being mind, walking the middle path	mindfulness worksheet 6,7,10 or 10A (pg 97,98,105,106)
	4	11/23/21	<u>Distress Tolerance</u> : STOP/ Pros & Cons/TIP	DT worksheet 2,3 or 3A,4 (pg 372,374-376)
	5	11/30/21	<u>Distress Tolerance</u> : Wise Mind ACCEPTS /self-soothe /IMPROVE the moment	DT worksheet 5,6,7 (pg 379,382,386)
	6	12/7/21	<u>Distress Tolerance</u> : Reality Acceptance/Turning the Mind/ Willingness	DT worksheet 8,9,10 (pg 391,394,396)
***	7	12/14/21	<u>Emotion Regulation</u> : What Emotions Do for You/Myths about Emotions/ Observe & Describe Emotions	ER worksheet 2,3,4 or 4A (pg 275,279-280, 282-282)
	8	12/21/21	<u>Emotion Regulation</u> : Check the Facts/Change Unwanted Emotion/ Opposite Action	ER worksheet 5,6,7 (pg 285-286,287,288)
		12/28/21	<u>NO GROUP</u>	
	9	1/4/22	<u>Emotion Regulation</u> : Problem Solving	ER worksheet 8 (pg 289-290)
	10	1/11/22	<u>Emotion Regulation</u> : Accumulate Positive Emotions/Values & Priorities/ Build Mastery	ER worksheet 9,10,11,12 (pg 293-299)
	11	1/18/22	<u>Emotion Regulation</u> : Cope Ahead/ PLEASE/sleep hygiene	ER worksheet 12,13,14,14B (pg 301-303,307)
	12	1/25/22	<u>Emotion Regulation</u> : Mindfulness of Current	ER worksheet 15,16 (pg 311-312)

