

DBT[®] SKILLS IN SCHOOLS

Skills Training for Emotional Problem Solving
for Adolescents (DBT STEPS-A)



James J. Mazza, Elizabeth T. Dexter-Mazza,
Alec L. Miller, Jill H. Rathus, and Heather E. Murphy

Foreword by Marsha M. Linehan

James J. Mazza and

DBT® Skills in Schools: Skills Training for Emotional Problem Solving for Adolescents (DBT STEPS-A) (The Guilford Practical Intervention in the Schools Series)



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Dialectical behavior therapy (DBT) skills have already been demonstrated to be effective in helping adolescents manage difficult emotional situations, cope with stress, and make smarter decisions. From leading professionals in DBT and school-based interventions, this unique manual offers the first nonclinical application of DBT skills. Explicit guidelines for teaching the skills--mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness--are provided in 30 lesson plans, filled with numerous reproducible tools: 99 handouts, a diary card, and three college student tests. emotional learning curriculum made to be taught at the general level in grades 6-12. The book presents an innovative cultural-- purchasers also get access to a Website where they are able to download and printing the reproducible components. The large-size format and lay-flat binding facilitate photocopying; This book is definitely in The Guilford Practical Intervention in the Colleges Series, edited by T. Chris Riley-Tillman.



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Must have!!! Five Stars AAAAA+++ Four Stars Well organized curriculum. excellent resource!! I want this class have been around when I was wanting to navigate through the junior high and senior high school years!. Methods A is the global Tier 1 strategy for middleschoolers. Excellent curriculum that can be used in the classroom with all students, in little groups, or individually with students meeting with their college counselors. The kids won't believe the almost immediate measurable results that they can find with practice. An instrument for "typical" college students self-awareness and dysregulated college students toolbox for self-regulation. Fabulous! James and Liz Mazza did a fabulous job bringing needed DBT skills to adolescents in colleges. There are numerous activity pages that sort out important concepts linked to learning to develop distress tolerance and make use of our feelings wisely and mindfully. Their peers will keep them in charge of their homework too. The book is established to help teachers every step of the way! Excellent curriculum that can be used in the classroom with . Good I was longing for more stuff I could use with younger children, but otherwise it is great! Writer has trained our college district- GREAT Source! Can't wait to use it next school year! Love! I work in a therapeutic college where 100% of my pupil have ACEs. This book is very ideal for keeping myself devoted to DBT and DBT woven into my classroom Five Stars Informative text that includes all materials essential to teach.



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