



The Sashbear Foundation

DBT Skills in schools training

WELCOME - DAY 1



Agenda for 1st hour of 1st Day

- Welcome!
- About Sashbear
- Why DBT skills in schools for everyone?
- What we have learned about the skills
- How can you be more effective skills teacher?



About Sashbear



Filling the gap by disseminating life coping skills



About Sashbear



The Sashbear Foundation

Making waves on mental health and suicide prevention

Our goal in this training is:

- You trust and truly believe the skills make a difference
- You start practicing these skills over the summer:
 - in your everyday lives
 - at school with other teachers, students, everyone
- You bring the skills to life as you are teaching them to your students



Why DBT skills in schools for everyone?

- Everyone strengthens their “resilience armour”
- Better performance in school and under pressure
- Reduces STIGMA:
 - Everyone learns the same skills!
 - Your emotions are your own – they are always valid
 - Everyone can learn to manage their emotions
 - See the world from the other’s view point
 - It’s OK to struggle and seek help...e.g for more skills!
- Learn tools to be more supportive and understanding of others
- Learn effective ways to ask for something!



Goal: reduce impact of stress!

- We want to increase our capacity to manage stress
- We want to decrease the amount of stress we emit onto our environment



Reduce impact of stress on everyone!



**Most people find that,
while the skills
“make sense”**

**They are FAR from our
FIRST instinct**

Some important lessons we have learned

1. Invalidating with the best of intentions
2. Basic Assumptions
3. The power of feeling understood
4. What is validation
5. Why is validation important
6. Acceptance AND change
7. Seeing the world from someone else's eyes



1. Invalidating with the best of intentions

How can a Social or Family Environment be Invalidating?

- De-legitimizes one's experiences, especially private ones (emotions, wants, and desires, thoughts, beliefs, sensations).
- Invalidates those experiences, ESPECIALLY when they are quite discrepant from other people's experiences.
- Does not accept or appreciate differences.
- Tries to change or control –
- Ignores or doesn't pay attention.
- Is critical or judgmental.
- Does not communicate acceptance and caring, even if that acceptance and caring exists.
- Hinders problem solving, problem management, and coping -



2. Basic Assumptions (to reduce stress)

- People need to interpret things in the most benign way possible
- There is no one or any absolute truth
- Everyone is doing the best they can in this moment
- Everyone needs to try harder to do better



3. The power of feeling understood



- People that are much different than the average person or different than people in their environment often feel misunderstood
- It takes courage to live in an environment where your actions, feelings, thoughts and beliefs are constantly being questioned...
 - And sadly, that does not mean the world is out to get you. It DOES mean they don't understand you
- When a person finally feels understood in such an environment it's a breath of fresh air – it can be life changing



4. What is validation

Expressing our understanding of what the other person is saying or feeling without judgments!

GIVING
EMPATHY



Brené Brown on Empathy



5. Why is validation important

1. It's POWERFUL to feel understood
2. Builds TRUST
3. Reduces intensity of EMOTION
4. Opens up door for problem solving



6. Acceptance and Change

- Acceptance of the struggle AND pushing for change
- It MAKES SENSE that life is sometimes difficult and we must accept it AND...
- It MAKES SENSE that we must strive to make our life better
- BOTH Acceptance and change make sense in our life even if they are opposites – we need both!





The Sashbear Foundation



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