![The Sashbear Foundation logo]

The Sashbear Foundation

DBT Skills in schools training

WECOME - DAY 2

Agenda for Day 2 first hour

- Sasha's story

- Personal message from Emily

- Validation (with live role plays + videos)

Sasha's story

Making waves on Mental Health

And

Suicide Prevention

Sasha's story

Starts at 12:43 min mark

Emily's message

Review….What is validation

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

GIVING EMPATHY

Validation Strategies

1. Stay Awake and Pay Attention

2. Accurate Reflection

3. Stating What Hasn't Been Said Out Loud ("the unarticulated")

4. Validating Using Past History or Biology

5. Normalizing

6. Radical Genuineness

"Did not make the cut" Role Play

Scene 1

Misunderstood Friend

Alden finds out that Ethan did not make the basketball team.

Alden does not validate how important this was for Ethan and it does not end well ☹

Noticed any invalidations?

❑ Get over yourself!

❑ Don't worry about it

✗ Chill, it's not such a big deal…

✗ Cool off

✗ Don't get so uptight

❑ I'm not surprised…

"Did not make the cut" Role Play

Scene 2

Validated Friend

Alden finds out that Ethan did not make the basketball team.

Alden validates Ethan

Noticed any validations?

✅ If you want to talk…

✅ You must be crushed

❑ "Hug" – I'm here for you

✅ I bet it does

❑ I can't imagine what you are going through

❑ When did that happen?

❑ It must be hard for you

"Breakup with boyfriend" Role Play

Scene 1

Misunderstood Friend

Rebecca just broke up with her boyfriend and tells her friend Melissa about it.

Melissa does not validate how hard this is for Rebecca and it does not end well ☹

Noticed any invalidations?

✗ Get over yourself!

✗ Don't worry about it

❑ Chill, it's not such a big deal…

❑ Cool off

❑ Don't get so uptight

✗ I'm not surprised…

"Breakup with boyfriend" Role Play

Scene 2

Validated Friend

Rebecca just broke up with her boyfriend and tells her friend Melissa about it.

Melissa validates Rebecca

Noticed any validations?

✔ If you want to talk…

☐ You must be crushed

✔ "Hug" – I'm here for you

☐ I bet it does

✔ I can't imagine what you are going through

✔ When did that happen?

✔ It must be hard for you

Let's practice!

Your Turn!

Validation Tips

- Take the other person's perspective

- Remember this is someone you want to connect with

- Empathy = feeling with the other person

- Effective assumptions promote effective behavior

- Typically, if you can make three validating statements in a row, the conversation will change for the better, or at least the situation will stop from escalating.

Keep in mind

- Validating doesn't mean you like it, doesn't mean you agree

- Validating is not problem solving

- Validation is not placating (e.g., agreeing with the other person to just get him or her to be quiet)

The Sashbear Foundation

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**The Sashbear Foundation
Registered Charity No. 8233 90042 RR0001**

YouthCan IMPACT **partner**

The Sashbear Foundation
Making waves on mental health and suicide prevention