

You Give Everything to Your Students. This Group Gives Something Back to You.

An 8-session DBT skills training group - held biweekly via secure video - designed exclusively for K-12 educators, school counselors, special education staff, and administrators.

DBT Skills for Educators applies Dialectical Behavior Therapy - one of the most evidence-based therapeutic approaches available - directly to the realities of school life. Held virtually via secure video, this group meets you where you are. No commute. No extra time away from home.

You will leave each session with concrete, tested tools you can use the next morning.

What This Group Offers

- > 8 biweekly virtual sessions, 90 minutes - attend from home
- > Skills from all 4 DBT modules: Mindfulness, Distress Tolerance, Emotion Regulation & Interpersonal Effectiveness
- > Educator-specific examples for every skill
- > Confidential, professionally facilitated group
- > Home practice between sessions (fits real teacher schedules)
- > Personalized sustainability plan in Session 8
- > Secure, HIPAA-compliant video platform

Who This Group Is For

You may be a good fit if you:

- Feel emotionally drained after most school days
- Experience compassion fatigue or burnout
- Want real skills - not wellness platitudes
- Find yourself snapping and then feeling ashamed
- Are a skilled educator barely keeping it together emotionally
- Wonder if anything could make staying in education sustainable
- Want support but can't add another commute to your schedule

The 8-Session Journey

01 Welcome & Orientation

Get grounded in the DBT framework with your group

02 Core Mindfulness Skills

Observe and respond - not react

03 Distress Tolerance I

Crisis survival tools that work fast

04 Distress Tolerance II

Radical Acceptance - stop fighting what you cannot change

05 Emotion Regulation I

Understand what your emotions are telling you

06 Emotion Regulation II

Check the facts, act opposite, problem-solve

07 Interpersonal Effectiveness

Ask for what you need with skill and dignity

08 Integration & Sustainability

Build your personalized maintenance plan

Evidence-Based

DBT is one of the most rigorously researched therapeutic modalities - applied here to educator-specific challenges.

Built for Educators

Every skill is taught through classroom life & school politics. Meet from home - no commute after a long school day.

Skills You Use Tomorrow

Each session ends with concrete practice for the two weeks ahead. By Session 8 you will have a full personal toolkit.

FOR REFERRING THERAPISTS

This group is an ideal complement to individual therapy for educators experiencing burnout, compassion fatigue, chronic stress, or interpersonal difficulties in workplace settings. DBT skills training is designed to run alongside - not instead of - individual clinical work. We welcome collaboration and are happy to coordinate care.

Ready to Begin?

Space is limited to ensure a safe, connected experience.

Register Now

mindfulpathloveland.com/contact

Book with Bree

secure.helloalma.com/providers/bree-hough/

Virtual: Held via Secure Video Platform

Date: Start Date: Coming Soon

Email: bree@mindfulpath.us

Questions? Reach out before registering - you don't have to figure this out alone.