What the (Mental) Health

This workshop reviews Dialectical Behavior Therapy (DBT) theory and materials, focused on building understanding, skills, and strength-based strategies in the following areas: Mindfulness, Emotion Regulation, Distress Tolerance, and Interpersonal Effectiveness. You can learn about:

- Optimal Stress
- Grief & Acceptance
- Assertive Communication
- Effective Coping Behaviors
- Understanding & Assessing Mental Health Needs

Tuesday, January 16th, 3pm-4:20pm
Tuesday, January 30th, 3pm-4:20pm
Friday, February 16th, 3pm-4:20pm
Friday, February 27th, 3pm-4:20pm

Open to all UW Seattle students
UW Counseling Center, 401 Schmitz Hall
Facilitated by Caitlin Stanaway, Psy.D

For more information, call 206-543-1240 or email stanac@uw.edu