

DBT INFORMED METHODS & APPROACHES TO MEDIA IN ART THERAPY

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Building Distress Tolerance with Alcohol Inks

June 14, 2026 | 7:00 - 9:00 pm EST | 2 ATCB/OH LPAT CEs

Suggested Supply List * (click on item link)

Tim Holtz / Ranger Alcohol Inks (Set of 3)

Tim Holtz Alcohol Ink Cardstock (5x7) 10 Sheets

Spray Bottle (4 oz)

Waterbrush

Blending Solution (or Rubbing Alcohol)

Alcohol Ink Blower (optional)



*Item List: (approx. \$60 USD)

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