

**DBT Online Resources:**

[triangleareadbtc.com](http://triangleareadbtc.com)

[www.dbtfamilyskills.com](http://www.dbtfamilyskills.com)

[www.behavioraltech.com](http://www.behavioraltech.com)

[www.dbtselfhelp.com](http://www.dbtselfhelp.com)

[practiceground.org](http://practiceground.org)

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**More Resources for Friends & Families:**

- National Education Alliance for Borderline Personality Disorder  
[borderlinepersonalitydisorder.com](http://borderlinepersonalitydisorder.com)
  - TARA Association for Personality Disorder  
[www.tara4bpd.org](http://www.tara4bpd.org)
  - National Alliance on Mental Illness or NAMI  
[naminc.org](http://naminc.org)
  - Mental Health America of the Triangle  
[mhatriangle.org](http://mhatriangle.org)
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**9 Reasons  
Why Family Members and Friends  
Learn DBT Skills**

These Skills Help...

- 1) Each family member to become more effective in their own lives.
- 2) Understand the difficulties encountered by emotionally sensitive individuals.
- 3) Improve family communications and relationships with more effective discussion of issues.
- 4) Provide structure to constructively problem-solve.
- 5) Gain a common language with your loved one to lessen feeling of hopelessness and support his/her acquisition of new coping skills.
- 6) Increase respect for your loved one's efforts in trying new skills, along with encouragement and place to implement them.
- 7) Reduce emotional reactivity in the family when discussing difficult issues.
- 8) Reduce blame and shame, providing new understanding and problem-solving attitude.
- 9) Assist family members in identifying what works for improved family functioning.

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**DBT Family Skills  
Training**

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for  
families  
and  
friends

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**DBT Skills for Couples**

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# DBT Family Skills Training



DBT, or Dialectical Behavior Therapy developed by Marsha Linehan, PhD of the University of Washington-Seattle, is a skills-based treatment that has demonstrated effectiveness helping emotionally sensitive people manage their lives more effectively.

DBT is a behavioral approach to treating emotion regulation skill deficits based on a dialectical philosophy that integrates traditional, cognitive-behavioral change-based interventions and more acceptance-based approaches derived primarily from eastern meditation practices. Individual therapy focuses on increasing motivation by identifying and decreasing maladaptive behaviors. Concurrently, a separate skills training group is employed in order to teach clients new skillful behavior. The central dialectic in DBT is between acceptance and change, and the wise balance of these guides the core DBT strategies.

## DBT and the Family

Supporting an emotionally sensitive family member can be challenging, frustrating and confusing. Family members and friends often feel at a loss to know how to manage their own feelings and needs while still remaining connected and caring to these sensitive folks. Each of the Family Skills Training (FST) groups provide family members or partners of such individuals with the skills to better cope and support their loved one.

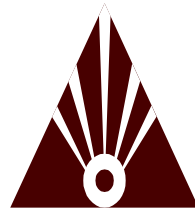


DBT FST is based on the “DBT Family Skills Training Manual” by Perry Hoffman, PhD of Cornell University.



DBT Skills for Couples is based on “The High Conflict Couple: A DBT Guide to Finding Peace, Intimacy, and Validation” by Alan Fruzzetti, PhD, Univ. of Nevada-Reno.

Each FST series runs for 12 sessions from 6:30 to 8:30pm on Tuesdays in the TADBIT Group Room in Carrboro. Sliding-scale fee available. Classes also available in Raleigh. More information available at:  
[www.dbtfamilyskills.com](http://www.dbtfamilyskills.com)



### DBT Skills Include:

- ∞ Core Mindfulness Skills
  - ∞ Interpersonal Effectiveness Skills
- ∞ Emotion Regulation Skills
- ∞ Distress Tolerance Skills
- ∞ Validation Skills

The DBT Family Skills Training is led by John Mader, MA, LMFT, AAMFT Approved Supervisor. He began training in DBT with Meggan Moorhead, EdD in 1993, has led DBT Groups in private practice and in community mental health agencies since 1997, and has received Intensive Training in DBT.

John has provided Family Therapy Supervision and Training Groups as an AAMFT Approved Supervisor and has taught Family Therapy at NCCU School of Education. The North Carolina Association of Marriage and Family Therapy, Triangle Area DBT, and OPC Area Program have recognized him for his contributions to the profession.



## DBT Family Skills Training

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