

Summer 2018 DBT Family Skills Training

For the first time since this Triangle Area DBT (TADBiT) training started in 2004, there will be a condensed format (a series of three Saturday morning sessions) which will largely cover the same content as the 12 week class. If there is enough interest, this series could again be offered later in the coming year. In that case, participants could pick up a session they missed or repeat a session they value. It is fine to attend 1, 2 or all 3 of the sessions in this series. Each session is designed to train participants in using particular DBT skills in mindfulness, interpersonal effectiveness or emotion regulation/distress tolerance, independent of the other sessions. Later in the Fall of 2018, the DBT Skills for Couples will be offered on Tuesday Evenings.
-John Mader, LMFT

Format:

Each DBT FST session begins with a mindfulness exercise. You might view this course as the mindfulness-based emotion regulation class you wished you had had years ago. The teaching and exercises will be structured to assist each participant with their particular relationship patterns and target behaviors. There will be time for questions to facilitate the learning and putting the skills into practice. This is a format of a class or a seminar. This is not a therapy group which engages interpersonal processing between group members or members of a couple/family. The focus is on becoming more skillful, rather than processing the events of the week. Referrals for psycho-therapeutic support can be arranged.

Course objectives at

www.dbtfamilyskills.com/dialectical-behavior-therapy-for-families.html

Who can benefit:

Past participants have come to gain essential skills to support themselves and their emotionally sensitive loved ones. This includes their children, their siblings, their partners, their friends and their parents. Some of these loved ones have been in standard DBT Skills Groups, while many have not (yet). Participants are a diverse blend of adults with a range of age, race, gender identity, sexual identity, therapy experience, and interpersonal styles/levels of struggle. All seek to

learn, to become more skillful, and are willing to commit to actively apply the skills from each session. As part of the mission of Triangle Area DBT (TADBiT), there will be some "participant-observer" slots available for mental health professionals who want to become more familiar with applying DBT skills with families and couples.

When and Where:

Saturdays, 8:45am-1pm in Chapel Hill/Carrboro. Email for more information.

DBT Family Skills Training Schedule - Summer 2018

Class 1, July 28, 2018 - Core Mindfulness for Increasing Family Balance and Effectiveness

Class 2, August 25, 2018 - Interpersonal Effectiveness and the Benefits of Validating

Class 3, September 29, 2018 - Emotion Regulation and Distress Tolerance (How to NOT Make Things Worse)

The fee for each 4 hour session is \$120 per person. Participants will be sent handouts and worksheets in preparation for each session.

* Participants are typically adults. I would not recommend this class for children under 16 years old. For adolescents, I would suggest the DBT Teen Skills Groups. More information at

www.triangleareadb.com/dbt-adolescents-groups

* Sliding scale is available on request for financial need or multiple family members Contact John - I do not want the expense to prevent interested family members or friends from gaining much-needed skills.

Registration:

Please respond by indicating which sessions you want to attend and how many participants will be coming.

Email John at jmaderlmft@gmail.com.

You may mail a check for your fees written to CIP addressed to: CIP, 1506 East Franklin Street Suite 202, Chapel Hill NC 27514

