

Half-Day DBT Family Skills Training for Family Members and Friends

February 17, 2018

12 Week DBT Family Skills Training

Starting May 2018

12 Week DBT Skills for Couples

Starting Feb 2018

**Saturday, February 17th, 8:45am-1pm
Unity Center of Peace,
8800 Seawell School Rd, Chapel Hill, NC 27516**

We have all experienced times of emotional vulnerability and sensitivity. As parents, siblings, adult children and friends, each of us can benefit from becoming more skillful. This is especially true when we are experiencing a negative emotional state, such as anger, fear, sadness or shame. Such states diminish our ability to effectively communicate with loved ones.

This four hour workshop aims to provide you with essential DBT skills that you can more effectively support your emotionally sensitive loved one who is using their skills, while also more effectively regulating your own emotions in the midst of stressful situations.

While not covering the material of the 12 week Family Skills Training, these four hours will be a substantial introduction to skills that can help break the perpetual negative feedback loop that prompts criticism, self-blame, or defensiveness in our intimate relationships. Additional resources can be found on the website, www.dbtfamilyskills.com.

Each member will receive handouts. I will be sending participants some materials in advance to prepare for effective use of this workshop with your unique issues or patterns. Cost for this half-day workshop is \$100 per person and \$150 per couple. Sliding scale is available (I do not want this expense to prevent any interested parents, family members or friends from participating). **To register**, please email John at jmaderlmft@gmail.com.

A portion of the proceeds will go to benefit these important resources for mental and emotional health in families: [National Education Alliance for Borderline Personality Disorder \(NEA.BPD\)](#), [Family Connections-NAMI Wake County](#) & [Josh's Hope Foundation](#).

For information on the **12 week DBT Family Skills Training** or **DBT Skills for Couples**, please go to www.dbtfamilyskills.com.

Schedule for DBT FST Half-Day Training

Saturday, February 17th, 2018 with John Mader, LMFT

8:45 Registration

9:00 Introduction & Orientation to DBT for Family Members

*Mindfulness Exercise

9:45 Identifying the Problems as Individual Target Behaviors

1. The "Red Zone" of Emotion Dysregulation, Emotional Vulnerability & States of Mind

2. Balanced Wise Mind and Mindfulness Skills

11:00 Communicating with Validation Strategies

3. DEAR: How to Effectively Communicate our Needs

4. Validation First & Again & Yet Again

Noon Understanding the Patterns and Responding More Effectively

5. Responding to Red Zone Behaviors

6. Behavioral Chain of Problem & Solution Analysis

Next Steps and Practice: Your Ambitious Goals (with Commitment to Act)

John Mader, MA, LMFT | AAMFT Approved Supervisor | AAMFT Clinical Fellow
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