

Introduction to DBT Skills for Families, Couples and Friends

November 23, 2019

DBT Family Skills Training
Starting Early 2020
12 Week DBT Skills for Couples
Starting Early 2020

Saturday, November 23rd, 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 entire 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 \(NEA.BPD\)](http://www.nationaleducationalliance.org).

For information on the [DBT Family Skills Training](http://www.dbtfamilyskills.com) or [DBT Skills for Couples](http://www.dbtfamilyskills.com), please go to www.dbtfamilyskills.com.

Schedule for Half-Day Introduction to DBT Family Skills

Saturday, November 23rd, 2019 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)

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Spring 2020 DBT Family Skills Training

DBT Family Skills Training Schedule - Spring 2020.

Class 1, TBA - **Core Mindfulness for Increasing Family Balance and Effectiveness**

Class 2, TBA - **Interpersonal Effectiveness and the Benefits of Validating**

Class 3, TBA - **Emotion Regulation and Distress Tolerance (How to NOT Make Things Worse)**

Class 4, TBA - **The ABCs of Managing Relationship Problems (*prereq: attend at least one of the prior three sessions*)**

You may attend 1, 2 or all 3 of the sessions in this series. Each session is designed to train participants in using DBT skills in mindfulness, interpersonal effectiveness or emotion regulation/distress tolerance, independent of the other sessions. Also in Spring 2020, the DBT Skills for Couples will again be offered over 12 evenings.

Each 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 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.

View the course objectives here. www.dbtfamilyskills.com/dialectical-behavior-therapy-for-families.html

The fee for each 4 hour session is \$120 per person. * A reduced fee is available on request for financial need or multiple family members. We do not want the expense to prevent interested family members or friends from gaining much-needed skills.

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 <http://www.triangleareadbtc.com/dbt-adolescents-groups>

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" spaces 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 at Unity Center of Peace, 8800 Seawell School Rd, Chapel Hill, NC 27516 (to be confirmed).

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 to: CIP / John Mader, 1506 East Franklin Street Suite 202, Chapel Hill NC 27514