

DBT Group for Parents and Partners

Dealing with a family member with emotional difficulties can be challenging, aggravating, and bewildering. Family and friends are often unsure how to manage their own feelings and needs while still remaining calm and caring toward these emotionally sensitive folks. This skills training group provides family members or partners of such individuals with the skills to better cope with and support their loved one.

What will these skills do for me?

These skills will help:

- Everyone in the family in their own lives.
- Improve family communication with more effective discussion of issues.
- Understand the difficulties encountered by emotionally-sensitive individuals
- Provide tools to reduce the level of emotionality in the family when talking about difficult issues.
- Reduce blame and shame, providing new understanding and a problem-solving attitude.
- Assist family members in examining specific aspects of family functioning.

The Parent and Partners group is based on the principles and skills taught in Dialectical Behavior Therapy (DBT). The DBT skills include:

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

Who can join? Parents and partners of older adolescents, young adults, and adults.

Details. The group will be held weekly on Tuesdays from 5:45 pm—7:15 pm in White Plains at the office of Cognitive and Behavioral Consultants of Westchester (CBCW), LLP. The fee is \$125.

About the skills trainer: Dr. Sarah Reynolds has been conducting DBT skills groups since 1998. She has the distinction of being trained in DBT by the treatment founder, Dr. Marsha Linehan, during a 3-year fellowship. She directs the DBT program for adults at CBCW and is Director of Training.

For more information please contact Dr. Reynolds at 914-385-1150 (x17) or at sreynolds@cognitivebehavioralconsultants.com