

DBT Skills Parent Training Workshops

Parents DBT Skills Training Workshop

Each workshop will cover
one DBT module

- 1) Mindfulness
- 2) Middle Path
- 3) Distress Tolerance
- 4) Emotion Regulation
- 5) Interpersonal Effectiveness

*Check the website for
upcoming dates including
more information on
other available workshops
and groups.



DBT Skills & Support

This group is for parents with an adolescent or teen to support them with their new DBT skills and personal growth. Group participants are introduced to 5 modules of specific skills (Mindfulness, Walking the Middle Path, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness). Parents learn that their adolescent or teen that has emotion dysregulation must be the one to make changes in his/her life. They also learn that using these skills helps them respond more effectively to their adolescent or teen, which creates opportunities for calmer communication and more consistent parenting. Another benefit of the group experience is the support and validation that the participants gain from each other and from knowing that others understand and share their concerns and experiences.

Location and Contact Information:

700 Old Roswell Lakes Parkway, Suite 130
Roswell, GA 30004

Contact Alison Kelly @ 404-386-6130 or email
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www.KellyCounselingAndCoaching.com



DBT Skills Parent Training Workshops

Topics covered:

- Education about DBT
- Mindfulness Skills
- Interpersonal effectiveness Skills
- Distress Tolerance Skills
- Emotion Regulation Skills
- Middle Path Skills
- Validation
- Encouragement
- Setting realistic expectations
- Managing the family environment
- Observe your own limits

The DBT Skills Parent Training Workshops will help participants by teaching them the same DBT skills their adolescent or teen has learned. This allows parents to become more educated with the language of DBT, which can facilitate a better understanding of how to more effectively manage, communicate and relate to their adolescent or teen. Most importantly, group participants learn that their adolescent or teen - and they - are doing the best they can in this moment with the knowledge and skills they have. Parents may also find that the skills are helpful when interacting with all of their children and in other areas of their own lives as well.

Parents are encouraged to attend each model and can join at any time.

**One of the 5 DBT skills will be taught per session
with a brief overview of all the skills.**

A one-time purchase of a DBT Skills workbook will be required for each family at the price of \$25.00 and can be acquired at their first meeting.

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