



GROUPS – ROLLING INTAKE

Location: Surrey and Burnaby

Dates: TBD

Time: TBD

Languages: English and Punjabi

CONTACT US

604-830-5952

Register at www.lambentservices.ca
info@lambentservices.ca



COUPLES DBT GROUP

Starting April 2024 for 10 weeks

Fee: \$1,950/couple

Facilitated by RCC/RSW



Raising children can be a challenging and complex journey, particularly when they exhibit behavioral or emotional difficulties. Couples who find themselves navigating the complexities of parenting such children may experience strain on their relationship and increased stress levels. To address these issues, therapy groups specifically designed to strengthen families can provide significant benefits.

DBT Group Methodology

It is a style of therapy that consists of four main modules, or lessons:

- **Mindfulness:** Being aware of your thoughts and emotions- but not judging them!
- **Interpersonal Effectiveness:** Basically, communicating with others, listening and problem-solving.
- **Distress Tolerance:** Learning how to “go with the flow.” We are going to experience negative feelings throughout life, so it is important to understand what you can and can’t change about a situation.
- **Emotional Regulation:** It can be exhausting to constantly feel like you have to manage your emotions, but the reality is that you don’t actually have to. Sometimes by accepting emotions we can’t change, we can learn how to navigate life’s challenges better.

SHARED EXPERIENCES AND INSIGHTS

Within support groups, couples have the opportunity to learn from one another's experiences and gain valuable insights. Hearing how other couples have coped with similar challenges can provide new perspectives and creative solutions that they may not have considered. These shared experiences can help couples reframe their own situations, gain new insights into their child's behavior, and develop effective coping strategies.

REDUCED STIGMA AND SELF-BLAME

Family issues can lead to feelings of guilt, self-doubt, and shame within couples. Support groups provide a safe space for couples to share their struggles without fear of judgment or stigma. Being surrounded by others who understand the complexities of their situation can foster a sense of acceptance, relieving the burden of self-blame and allowing couples to focus on finding effective solutions.



SKILL BUILDING

Support group sessions will include structured exercises and interventions aimed at enhancing parenting skills and improving communication within the couple's relationship. Facilitators open the door in these sessions, providing guidance on effective strategies for managing challenging behaviors, enhancing discipline techniques, and strengthening the emotional bond between couples. By acquiring new skills and tools, couples become better equipped to handle their child's challenges and strengthen their relationship.

PEER FEEDBACK AND ACCOUNTABILITY

In a support group setting, couples can offer and receive constructive feedback from their peers. Through this process, they gain valuable insights into their own behavior and its impact on their family's well-being. Group members can hold each other accountable for their actions, helping couples identify patterns and dynamics that may contribute to their family's challenges. This accountability encourages couples to actively work towards positive changes and promotes personal growth.



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IMPROVED RELATIONSHIP DYNAMICS

The strain of raising a family today can often lead to increased conflict and strained relationships between couples. Support groups provide a supportive environment where couples can address and work through relationship issues. Facilitators guide discussions on effective communication, conflict resolution, and building a resilient partnership. By improving their relationship dynamics, couples are better equipped to provide a united front and support each other in addressing their family's challenges.