



DBT Skills Parent Training Group

Topics Covered:

- Education About DBT
- Mindfulness Skills
- Interpersonal Effectiveness Skills
- Distress Tolerance Skills
- Emotional Regulation Skills
- Middle Path Skills
- Validation
- Encouragement
- Setting Realistic Expectations
- Managing the Family Environment
- Observing Your Own Limits

Parents will be taught the same DBT skills their teens have learned. This DBT group will provide parents with the skills to better understand and more effectively support their child in regulating emotions, improving relationships, increasing self-awareness and building a life worth living. Parents will likely find that the skills are helpful in other areas of their own lives as well.

GROUP IS VIRTUAL

Parents are to attend each module and can join at any time as space allows

**For more information contact Riesa Fischer at (516) 740-1950 ext. 0 or email wisemind19@gmail.com
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