

Virtual Parent DBT Training

Group Intentions

LEARN AND USE SKILLS TO BETTER UNDERSTAND AND MORE EFFECTIVELY SUPPORT YOUR CHILD IN REGULATING EMOTIONS, IMPROVING COMMUNICATION SKILLS, INCREASING SELF-AWARENESS, CULTIVATING HEALTHY RELATIONSHIPS AND BUILDING A FOUNDATION FOR A LIFE WORTH LIVING.

PARENTS WILL LIKELY FIND THAT THE SKILLS ARE HELPFUL IN OTHER AREAS OF THEIR OWN LIVES AS WELL.

LOCATIONS IN ROCKVILLE CENTRE AND GARDEN CITY

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Topics Covered & Skills Taught

- EDUCATION ABOUT DBT
- DISTRESS TOLERANCE
- EMOTIONAL REGULATION
- MINDFULNESS
- INTERPERSONAL EFFECTIVENESS
- MIDDLE PATH SKILLS
- VALIDATION
- ENCOURAGEMENT
- OBSERVING YOUR OWN LIMITS
- SETTING REALISTIC EXPECTATIONS
- MANAGING THE FAMILY ENVIRONMENT