

Family and Friends Skills Training

Albuquerque Collaborative Therapeutics

On Sunday March 3, 2019, Sharon Bernstein, LCSW and Kneelynn Gray, LCSW will conduct a skills class focusing on the overview of the four Dialectical Behavior Therapy skills modules – Core Mindfulness, Interpersonal Effectiveness, Emotion Regulation and Distress Tolerance. The class will include teaching, illustrative examples and guided interaction between the facilitator and participants. The time is 900am – 12:00pm. There will be breaks!

The following key concepts will be presented:

Core Mindfulness

- States of Mind / Mindfulness Practice
- WHAT & HOW skills
- Dialectical Thinking

Interpersonal Effectiveness

- Goals of Effectiveness / What is in the way of effectiveness
- DEAR MAN
- GIVE FAST / Validation
- Walking the Middle Path / Balancing Change & Acceptance

Emotion Regulation

- Biosocial Theory: How Emotion Dysregulation Develops
- Goals for regulating emotions / Function of emotions
- Describing Emotions
- Checking the Facts / Opposite Action / Problem Solving
- Cope Ahead / Mastery / Vulnerabilities

Distress Tolerance

- Goals of Distress Tolerance
- Crisis Survival Skills / Acceptance Skills
- Distracting / Self Soothing / Improve
- STOP / TIP
- Willfulness to Willingness / Taming the Mind

Cost for this class is \$100 per person. Want to bring someone? You and a family member or friend can attend for \$50.00 each.

{PRE – PAID to the individual therapist by cash or check made out to Sharon Bernstein}

Please be certain of your attendance; no refunds will be issued.
Pre-payment is required to secure your spot. Class is limited to eight people.