

Family and Friends Skills Training

Albuquerque Collaborative Therapeutics

On Friday April 12, 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. **This class is not for participants already in the ACT DBT program. It is designed for family and friends who want to learn more about DBT.** The class will include teaching, illustrative examples and guided interaction between the facilitator and participants. The time is 900am – 12:00pm. Snacks and breaks provided for reinforcement!

The following key concepts will be presented:

Core Mindfulness

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

Interpersonal Effectiveness

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

Emotion Regulation

- 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 / Turing the Mind

Cost for this class is \$100 per person. Two family members or friends can come for \$50.00 each.

{PRE – PAID to the individual therapist by cash or check made out to Sharon
Pre-payment is required no later than 03/29/2019 to secure your spot. Class is limited to 8 people.