



Parent Intensive 2-Day DBT Parent Skills Training Workshop

JoJo Gaul, LCSW-C and Laurie Nelson, LCPC

Saturday,

October 27 & Sunday, October 28, 2018, 8:00 am - 4:00 pm each day

Cost: \$495.00

A light breakfast and lunch included

Workshop is limited to 20 participants

Location: Rathbone & Associates, 4701 Sangamore Road, Suite N-210, Bethesda MD 20816

What is DBT?

Dialectical Behavioral Therapy is a multi-component treatment developed to treat problems in emotional regulation. It balances the use of change techniques from cognitive-behavior therapy with acceptance strategies. It is designed to address skill deficits in affect regulation, impulse control, assertiveness, and distress tolerance.

What is DBT Parent Skills Training?

This training is for parents who are seeking to be more effective at parenting and to enhance relationships within the family by using powerful psychological skills.

Learning Objectives

1. Increase psychological, parenting and behavioral skills that help to build relationships, manage emotions and deal effectively with various life problems
2. Equip parents with a logical method for changing their children's negative responses through teaching and reinforcing positive behaviors, social skills, and methods to reduce stress in crisis situations
3. Provide parents with practical strategies for enhancing parent-child communication and building robust family relationships

If you have any questions please contact Laurie Nelson: 240-426-2528