

Family and Friends Skills Training

Albuquerque Collaborative Therapeutics

A skills class focusing on the overview of the four Dialectical Behavior Therapy skills modules – Core Mindfulness, Interpersonal Effectiveness, Emotion Regulation and Distress Tolerance - will be held on the following date: May 23, 2020. **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 facilitators and participants. The time is 900am – 12:00pm.

This Family & Friends will be taught utilizing a telemedicine platform called ZOOM. You will need a computer with a camera and audio capability. Please contact Beth O'Rourke LCSW at 505-269-2541 to register for the class. Payment arrangements can be made, and we will get you an invitation to join us!

The following key concepts will be presented:

- **Overview DBT**
- **The Biosocial Theory**

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

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 / Turning the Mind

Cost for this class is \$100 per person.