

Department of Social and Health Services' Child Study and Treatment Center invites you to **Parent/Caregiver Dialectical Behavior Therapy Groups**

These groups introduce Dialectical Behavior Therapy (DBT) to Child Study and Treatment Center (CSTC) parents, guardians, and adult family members. Participants learn to use DBT skills for themselves and with their children.

**Groups are on Tuesdays from 6-7:30 p.m.
Each group covers a different DBT topic and lasts four weeks.
You may participate in as many groups as you like.**

Two Ways to Participate

In person
at CSTC (Dinner provided)



Video conference
(By computer, tablet or smart phone)

If you would like to attend in person and need financial assistance for transportation, please contact Dr. Ed Morris or your cottage social worker.

Group 1: Mindfulness

Aug. 3 - Aug. 24, 2021



Goals:

Focusing on the present without judgment or attachment; learning how your emotion and reason create your "wise mind".

Dates:

August 3
August 10
August 17
August 24

Group 2: Interpersonal Effectiveness

Aug. 31 - Sept. 21, 2021



Goals:

Learning to appropriately get what you want, value relationships with others, and maintain your self-respect.

Dates:

August 31
September 7
September 14
September 21

Group 3: Emotion Regulation

Sep. 28 - Oct. 19, 2021



Goals:

Understanding one's emotions; decreasing emotional vulnerability; decreasing emotional suffering.

Dates:

September 28
October 5
October 12
October 19

Group 4: Distress Tolerance

Oct. 26 - Nov. 16, 2021



Goals:

Learning to more successfully manage or tolerate uncomfortable and distressing emotions during a crisis.

Dates:

October 26
November 2
November 9
November 16

To Sign Up or Get More Information:

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