

DBT Skills for Families

A workshop for family members to learn about DBT

Saturday, October 16th, 9:00 a.m.-4:00 p.m.

Instructors:

- Antonia Pieracci, Ph.D., Senior Instructor
- Hy Gia Park, MD, Psychiatry Resident

This workshop is designed for family members to learn DBT skills. This workshop will teach family members the core DBT skills of mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance. Theory and background on DBT will be provided. Skills will be taught in a classroom format with didactic instruction and experiential learning.



What is DBT?

Dialectical behavior therapy (DBT) was developed by psychologist Marsha M. Linehan to treat problems in emotion regulation. DBT has been adapted to treat a variety of other problems and is useful for people struggling with mood disorders and anxiety. DBT combines techniques from cognitive-behavioral therapy with mindfulness and acceptance techniques.

Fees: \$250 per individual, \$100 per additional family member. Fee includes materials and box lunch.

Space is limited! To sign up or to hear more about the class, please contact us at 303-724-3300 or email us at depression.center@ucdenver.edu.