

# PARENTS DBT SKILLS TRAINING



*Facilitated and Taught by: Pat Harvey, LCSW-C*

**When:** Wednesdays, twice a month

**First Group Date:** TBD

**Length of group:** 12 sessions (further dates TBA)

**Time:** 7:15-9:15 PM

**Where:** Rockville, Maryland

**Cost:** \$480 per person, \$840 for a couple - for the entire group

- ☺ Join other parents of adolescents, young adults and adults with intense emotions, emotion dysregulation or mental illness
- ☺ Learn the Dialectical Behavior Therapy (DBT)\* skills including:  
Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness
- ☺ Learn to apply DBT skills to support and validate your child (of any age) and to enhance your own life

\*DBT is a skills based framework that blends a cognitive-behavioral approach with a Zen approach of acceptance and validation.

To confirm your commitment to the group, or for more information, please contact Pat Harvey at [path215@comcast.net](mailto:path215@comcast.net)



*Pat Harvey is a licensed clinical social worker who has practiced social work for over 20 years, specializing in work with families. For the past 7 years, Pat has developed and facilitated Parents and Family Member DBT Skills Training Groups which have taught Dialectical Behavior Therapy Skills to parents and family members searching for help and support with family members who have intense emotionality. Pat now specializes in coaching and supporting parents and family members and consulting and training in the use of DBT Skills. She is the Public Policy Consultant to NAMI MD and co-author of the soon-to-be-released book, "Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive Behaviors"*