

# Friends and Family Workshop

## Saturday, 9:00AM to 12:00PM

The Friends and Family Workshop is recommended as a starting point for family members and friends in our clients' (or potential clients') lives. It offers fabulous information on Borderline Personality Disorder, Dialectical Behavior Therapy, and Portland DBT Institute services including how significant others can be involved in their partner's, children's, sibling's, parent's, etc. treatment.

### Goals of the Workshop:

1. *Explain the biosocial model of development and maintenance of clients' problems*
2. *Teach some of the basic DBT ideas and skills that clients are learning in the program*
3. *Explore ways to provide an environment for clients that balances validation (where the focus is on acceptance) and problem-solving (where the focus is on change)*
4. *Facilitate mutual support and problem-solving between group members as clients advance through the program*

For general information about the group, please contact  
Dr. Andrew White at (503) 290-3281 or [awhite@pdbti.org](mailto:awhite@pdbti.org)  
For registration, and billing questions, please contact  
Christopher Williams at (503) 290-3295, or [cwilliams@pdbti.org](mailto:cwilliams@pdbti.org)

This workshop is not billable to insurance. We accept cash, check, money order, or credit card.

Registration form and payment can be submitted on-site to the receptionist,  
faxed to (503) 231-8153 (Attn: F/F Workshop Registration)  
or mailed to: Portland DBT Institute, Inc  
5200 SW Macadam Avenue, Suite 580, Portland, OR 97239  
Attn: F/F Workshop Registration

Advanced registration is required as space is limited.

- \$125.00 - One participant
- \$199.00 - Two participants

Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Phone: \_\_\_\_\_ Address: \_\_\_\_\_

Email: \_\_\_\_\_

Credit Card #: \_\_\_\_\_ Exp Date: \_\_\_\_\_

### CONTINUING EDUCATION HOURS

The Friends and Family Workshop is not available for NBCC Credit.