

Friends and Family Workshop

Saturday 9:00AM to 12:00PM

Monthly on the second Saturday of the month

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*

Space is limited.

Advanced registration is required.

\$125.00 - One participant

\$75.00 - Each additional participant

_____ Total number of attendees

\$_____ Total cost

_____ Workshop date you are attending

This workshop is not billable to insurance.

We accept cash, check, money order, or credit card.

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

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 Attn: F/F Workshop Registration 5200 SW Macadam Avenue, Suite 580, Portland, OR 97239

Name: _____ Date of Birth _____

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.