

# Friends and Family:

## Part II

Saturday, May 2<sup>nd</sup> and 9<sup>th</sup>, 2015 | 10:00AM - 1:00PM

Friends and Family Part II, is recommended if you have participated in the introductory Friends and Family workshop and are interested in expanding your understanding and practice of skills, the DBT model, and how to support loved ones in the program with an eye on how to engage in your self-care and observe personal limits.

Part II will focus on learning Dialectical Behavior Therapy skills in more depth, as applied to supporting your loved one and yourself. You will have the opportunity to share and get feedback on how you have applied the specific strategies learned in Part I to cope with Borderline Personality Disorder and other disorders that involve emotional and behavioral dysregulation. This is also a starting point for other Portland DBT Institute services for those who are interested.

### Goals of the Workshop:

1. Teach in greater depth specific DBT skills (mindfulness, emotion regulation, distress tolerance) that will help you support your loved ones and yourself
2. Increase your skills in validation and self-validation
3. Increase understanding of effective compassion, so you can provide a supportive environment in a way that helps your loved one reach his or her goals while honoring your own personal limits
4. Bring examples of how you have been applying skills learned in Part I, getting feedback and troubleshooting
5. Facilitate mutual support and problem-solving between group members as clients advance through the program

*A two day workshop, Friends and Family Part II is held on consecutive Saturdays. Advanced registration is strongly recommended as space is limited.*

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Workshop fee: \$250.00 - One participant      \$400.00 - Two participants

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 at (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

Name(s): \_\_\_\_\_

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

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

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