

# DBT SKILLS TRAINING FOR FAMILIES

## WHAT IS IT?

It is a group therapy where you can learn behavior skills of core mindfulness, interpersonal effectiveness, distress tolerance, and emotion regulations.

## WHO IS THIS FOR?

It is for an adolescent who are struggling with very volatile emotional outbursts, self-harm, suicidal ideation, risky behaviors, binge eating / starving, unstable interpersonal relationships, depression, and dissociation; and one of his/her adult family members. If you are under a psychiatrist's treatment, you would need an authorization from the doctor to attend the training

## HOW MANY SESSIONS ARE THERE?

The training's 4 modules require 4-6 sessions respectively. In total, there will be 21 sessions.

## HOW OFTEN DO I HAVE TO ATTEND?

Sessions are organized every other week on the same day at the same time. Please check for availabilities. Each session is 2 hours.

## WHAT ARE THE 4 MODULES?

**Core Mindfulness:** Core mindfulness helps individuals to be aware of their feelings, thoughts, and urges as well as their connection to the world in the present moment.

**Interpersonal Effectiveness:** Interpersonal skills are extremely important to balance getting what you want in life, maintaining important relationships, and reserving self-respect.

**Distress Tolerance:** Distress Tolerance helps you enhance adaptive strategies to cope with crises so as not to make the situations worse than they already are.

**Emotion Regulation:** Emotion is a full system response to a stimulus. Understanding your own emotions from all angles is the first step to regulate them in your favor.

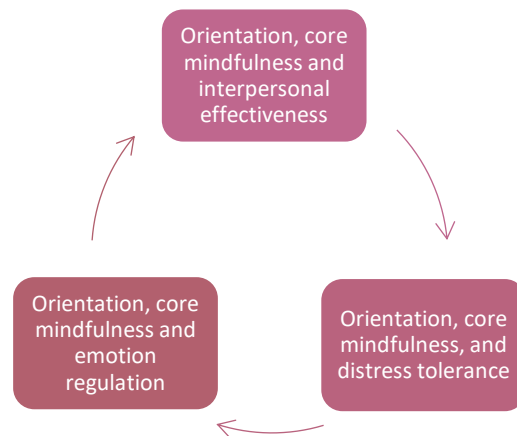
## HOW IS THE TRAINING ORGANIZED?

Trainings are grouped into 3 courses. Each of 7-session training course consists of an orientation session, 2 core mindfulness sessions and 4 sessions on either Interpersonal Effectiveness, Distress Tolerance, or Emotion Regulation. To complete the skills training, you will have to participate in all 3 of them. (21 sessions altogether.)

You as an adolescent-adult pair can start from any of the 3 courses depending on the openings. Assessment and commitment session (75 minutes) as a pair is required to join the course.

Once you start, you are to stay for the full duration of the specific course at least. You are strongly encouraged to complete all 3 courses.

Once the course starts, it will remain closed for the new participant. Between the courses, there will be 1-2-week break, during which the assessment and commitment session for new group members can take place.



## HOW MUCH DOES IT COST?

The first course is 140,000 yen plus tax. The second and the third course are 120,000 yen plus tax respectively.

## HOW CAN I LEARN MORE?

Please use the contact form on our website:  
[www.dbttokyo.com](http://www.dbttokyo.com)