

# DBT Skills Training for Parents of Struggling Teens & Young Adults

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DBT skills training focuses on learning and practicing the five modules of:

These training sessions are designed for parents who want to practice DBT skills to support and guide their teens & young adults and improve their relationships with them. The focus is on building a “tool box” of strategies and skills.

With each class, you will receive handouts and worksheets to help build your skill set.

- Mindfulness (May 2)
- Distress Tolerance (May 9)
- Emotion Regulation (May 16)
- Walking the Middle Path (May 23)
- Interpersonal Effectiveness (May 30)
  
- When: 5 classes, dates above
  - 6:00pm to 7:30pm
- Where: The Brightening Center  
(*address below*)
- Fees: \$75/per class

The course has 5 classes. Each class can be taken independently. Parents do not have to sign up for the entire course.



Janette Patterson, MSW, LMFT, is a family therapist who specializes in coaching parents and teaching DBT skills to individuals, as well as couples and families to improve functioning in their relationships, as well as increase a sense of self-esteem and self-confidence.

## Contact

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The Brightening Center is located at  
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