



South Shore Academy

Midwest Center for Youth and Families
South Shore Academy
1012 W. Indiana Street
Kouts, IN 46347
(888) 629-3471
www.Midwest-Center.com



Dialectical Behavioral Therapy (DBT) Parent Classes at Midwest Center for Youth and Families

Families Join with their Children in the DBT Journey to Wellness

Why should parents be learning about DBT? *It gives them new tools and skill sets for their parenting toolbox and empowers them to parent a child with an emotional regulation disorder.*

The most frequent comment from parents after the first class is, "It's good to know I'm not alone". Our DBT educator for Midwest Center for Youth and Families conveys to parents that the goal of the program is to replace those negative behaviors with positive thoughts and coping skills found in the DBT toolbox. Parents often feel alone and struggle with old parenting techniques that keep getting the same results.

In the DBT toolbox offered at our program, our Director of Clinical Services has developed a 6-week curriculum designed to help parents learn how DBT adapts to real life situations. While DBT can sound like a foreign language to parents, this 6-week curriculum:

- Gives parents an overview and introduction about children and adolescents with an emotion regulation disorder
- How DBT targets issues their child is experiencing
- How DBT fits into everyday life

Parents also learn the 6 different levels of validation, which teach them the importance of getting their child to open up--without putting them on the defensive. It also helps parents open up a trusting environment--in which the child and parent can better communicate.

Each week, the 4 core DBT components are taught: 1) Mindfulness; 2) Distress Tolerance; 3) Emotion Regulation; and 4) Interpersonal Effectiveness. The last class in the series is a mini-review of the entire 6-week program--and includes a group activity that mimics the same kind of DBT groups their child is attending while in our residential DBT program.

The benefit of parents completing this DBT parent class is when the child goes out on a pass with the family; parents are given a real-life opportunity to use their new DBT skill sets. As a result, parents often report that during off-campus passes with their child that if an issue did come up, they had the tools to counteract the situation and the negative behavior--whereas before DBT, the same situation would have erupted into a negative event.

Parent DBT classes are taught on the weekends at both facilities. For more information, please contact Kim Lahman, Director Business Development at kim.lahman@uhsinc.com or 219-766-2999, ext. 110.

Midwest Center for Youth and Families
South Shore Academy
1012 W. Indiana Street
Kouts, IN 46347
(888) 629-3471
www.Midwest-Center.com



South Shore Academy