

# Dialectical Behavior Therapy (DBT) Parent Classes at Midwest Center for Youth & Families



## Families Join Their Children on Their DBT Journey to Wellness

Parent Classes at Midwest Center for Youth & Families are a critical component which help support the long-term success of the patients we treat. Rather than parents continuing to struggle with parenting techniques that haven't worked, classes give parents new tools to counteract negative behaviors in their children.

Taught weekly by Master's prepared therapists, classes teach parents the basics of Dialectical Behavior Therapy (DBT) so that they can not only understand what their child has learned during treatment, but also model and encourage the use of DBT skills in their home environment.



Curriculum focuses on learning DBT basics, including each of the four modules (Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness) and specific skills within each module. In addition, parents learn techniques which will allow them to effectively parent a child with an emotion regulation disorder. Topics include:

- How DBT fits into everyday life
- How DBT targets their child's specific behavioral and emotional challenges
- The 6 levels of validation and how to use them effectively
- How parents can create an open, trusting environment which leads to positive communication with their child

In addition to sharing valuable information and parenting tips, classes also provide a supportive environment where parents can share their experiences with other families who are parenting children struggling with mental illness and dysregulated emotions. In fact, the most frequent comment from parents after the first class is, "it's good to know I'm not alone."

***Parent DBT classes are taught on the weekends at both campuses.  
For more information, please contact Midwest Center for Youth & Families  
888-629-3471 or [midwestcenterintake@uhsinc.com](mailto:midwestcenterintake@uhsinc.com)***



Midwest Center for Youth & Families

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