



Parent & Child Dialectical Behavior Therapy Program

Comprehensive Program Includes:

- **PARENT TRAINING**
Focused on teaching the parent relevant techniques/skills and how to implement effective strategies.
- **SKILLS TRAINING**
Focused on teaching the 4 main skill categories of DBT modified to respond to the unique developmental level of younger children.
- **INDIVIDUAL THERAPY**
Focused on assisting parent/child in the practice/application of skills in real-time and 'pretend mode'.
- **PHONE COACHING**
Focused on assisting parent with crisis/intense emotional situations and effectively applying skills.
- **PARENT TRAINING GROUP**
20-week psycho-educational group that is available to parents in and outside of the comprehensive program.

DBT-C: Dialectical Behavior Therapy for Children & Parents

Dialectical Behavior Therapy for Children (DBT-C) is an evidence-based treatment program for parents and pre-adolescent children (ages 6 and up) struggling with emotion regulation and behavioral issues. The program was formally developed by Dr. Francheska Perepletchikova with consultation and support of experts in the field of DBT (Dr. Marsha Linehan and Dr. Alec Miller) and Parent Management Training (Dr. Alan Kazdin).

DBT-C has been adapted from DBT for adults and adolescents to accommodate the developmental level of younger children. Unique to DBT-C is the incorporation of a parent training component which focuses on behavioral modification and validation techniques. In DBT-C the parent is the 'client' and the focus is on creating a validating and change-ready environment before engaging the child in therapy.

The DBT-C comprehensive program at Pauquette has been evolving since 2020. Our staff was originally trained by Dr. Francheska Perepletchikova and her team.

Services are provided in-person and via tele-health.

For more information or to make a referral to our program, please contact:

Sara Mohr, Customer Service Representative, at (262) 473-0670 ext. 7145.



**PAUQUETTE
CENTER**
*Psychological Services
Family Counseling*