

## Weekly Skills Groups:

- Learn essential DBT skills to manage emotions, tolerate distress, improve relationships, and increase mindfulness.
- Practice these skills in a supportive group setting with others who understand.

## Individual Therapy:

- Receive personalized guidance and support from a dedicated DBT therapist.
- Explore Problems, develop coping strategies, and work towards your goals.

## Phone Coaching:

- Access timely support and guidance from your therapist between sessions.
- Learn to apply skills in real-world situations and overcome challenges.

## Team-Based Approach:

- Benefit from a collaborative team of DBT experts who work together to optimize your care.
- Receive consistent and coordinated support throughout your treatment journey.



**CONTACT  
US!**



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**Pauquette  
Center  
for  
Psychological  
Services**



**Parent & Child  
Dialectical  
Behavior Therapy  
Program**



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A Service of Community Service Associates, SC

# Our Team



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# DBT-C Parenting Program

Dialectical Behavior Therapy for Children (DBT-C) is an evidence-based treatment program for parents and preadolescent 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.

## Expectations:

- Participants are expected to:
- Be motivated for change
- Attend consistently
- Participate in group discussion
- Be able to join via telehealth in a private, confidential setting.
- Complete readings and exercises outside of class each week



## What is DBT?

Dialectical Behavior Therapy (DBT) is the treatment of choice for individuals diagnosed with borderline personality disorder and those with suicidal behaviors and self-injury. DBT is uniquely good as a treatment for individuals struggling with intense emotions, excessive relational conflict, extreme thinking, and/or destructive behaviors.