



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 levels/needs of younger children.

◆ INDIVIDUAL THERAPY

Focused on assisting the parent/child in the practice/application of skills in 'real-time' and in 'pretend-mode'.

◆ PHONE COACHING

Focused on assisting the parent with crisis/intense emotional situations and in effectively applying skills.

◆ PARENT TRAINING GROUP

20-week psycho-educational group that is available to parents **whether or not** enrolled in the comprehensive program.

DBT-C: Dialectical Behavior Therapy for Parents and Children

DBT-C is an evidence-based treatment program for parents and children (6 to 12 years of age) struggling with emotion regulation and behavioral issues. The program was formally developed by Dr. Francheska Perepletchikova with consultation and support of experts in the fields 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 levels/needs 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 goal is to work towards creating a validating and change-ready environment before actively engaging the child in therapy.

The DBT-C comprehensive program at Pauquette has been ever-evolving since 2020. Our staff was originally trained by Dr. Perepletchikova and her team. Since that time, we continue to work towards improving and expanding the program, including providing consultation and training for other professionals upon request.

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

For more information or to make a referral to our program, please contact: Sara Mohr, Client Service Representative, at (262) 473-0670 ext. 7145.



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