



Dialectical Behavior Therapy Parent Training

20 Week Parent Training Group Includes:

◆ Acceptance Strategies

Learn about parenting a supersenser (child with intense emotions), the Biosocial Theory, dialectics, mindfulness, emotion regulation, and validation. Note that these strategies can be applied to your parenting as well as taught to your child!

◆ Change Strategies

Learn about behavior change strategies, reinforcement, shaping, planned ignoring, prompting coping, reprimands, and other useful change strategies!

◆ Review Weeks

Review weeks are chances for participants to review homework, seek feedback from group members, seek clarification from group facilitators, and have open dialogue regarding the unique benefits and challenges of parenting a supersenser.

◆ Peer Support

All group members are parents of supersensers and have found benefit in sharing this lived experience with one another.

To make a referral for the parent training group, please complete the referral form on our website under parenting support.



PAUQUETTE
CENTER
Psychological Services
Family Counseling

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 parent training group 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 group and greater program, including providing consultation and training for other professionals upon request.

Parent training is currently offered in a virtual group format.

For more information please contact: Sara Mohr, Client Service Representative, at (262) 473-0670 ext. 7145.