

When your child becomes angry he/she may:

- Be *Mindful* and remove self from situation, breathe deeply, observe, and describe their experience
- Use *opposite action* and walk AWAY rather than attack
- Look at the *Pros* and *Cons* of action
- Use the *STOP* skill to Stop, Take a step back, Observe, and Proceed mindfully



When your child becomes very sad he/she may:

- *Journal* about feelings
- Practice *Radical Acceptance*
- Use *opposite action* and be with others rather than isolate
- Be *mindful* of the urges to hurt self without actually doing it
- Exercise, use *Ice*, or *Pace Breathing* to self-calm

When your child becomes anxious he/she may:

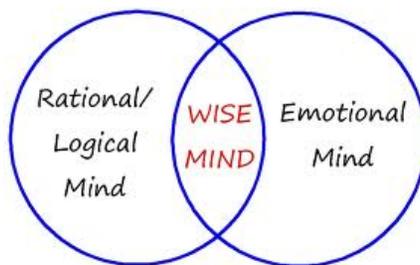
- Practice mindfulness by taking deep breaths and focusing on the breath
- Distract by getting involved fully in an activity
- Recognize that feelings are like waves and will not last forever

When you and your child have a disagreement he/she may:

- Use the *GIVE* skill ~ be **G**entle, act **I**nterested, **V**alidate, and have an **E**asy Manner
- Walk the *Middle Path* ~ balancing Emotion Mind and Reasonable Mind

What can you do when you see your children struggling:

- Let them know that you understand how difficult things are for them at the moment and *validate* them
- Encourage them to use the *skills* they have learned
- Try not to give them a lot of attention after they have acted in an unhealthy manner so you do not reinforce the behavior, be matter of fact, not emotional
- Thank them for coming to you for help with a problem before they act out
- Try to be *non-judgmental* and handle the situation in a matter of fact manner than react emotionally



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Dialectical Behavioral Therapy



"If you do not change direction, you may end up where you are heading."

- Lao Tzu

What is Emotion Dysregulation?

Emotion Dysregulation is when unwanted emotions are in control of behaviors and thoughts. Children with Emotional Dysregulation struggle with managing intense emotions, impulsivity, and out-of-control behaviors.



What is DBT?

Dialectical Behavior Therapy, or DBT is a highly structured form of behavioral therapy that teaches the skills necessary to regulate emotions, control self-destructive behaviors and improve interpersonal relationships. DBT is an evidenced-based/clinically tested treatment that is proven to help adolescents with long-standing behavioral problems. DBT helps children manage emotions more effectively, allowing children to be in control of their behaviors and emotions as opposed to out of control. DBT targets several areas: emotional instability, impulsivity, interpersonal problems, confusion about self, and parent-teen problems. DBT is made up of four skill-building units: Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness.

What is a Dialectic?

Finding the truth between two opposing ideas - using AND instead of BUT.

For example: *I didn't create all my problems and I have to solve them anyway.*

Dialectics balance acceptance of yourself for who you are with changing your behaviors to build a life worth living.



How Does it all Work?

DBT has four parts that work together:

- Individual Therapy ~ focusing on target behaviors and new skill reinforcement.
- Weekly Skills Group ~ in this group the participants learn new skills to manage emotions and behaviors effectively. They practice them in group and further their practice during the week with weekly homework assignments.
- Phone Coaching ~ this means that clients may call their individual therapist for support and guidance when they are in a difficult situation and they are not sure what skill to use.

- Team Consultation ~ this is a weekly meeting with the DBT clinicians only, to make sure that they are skillfully practicing DBT treatment to appropriately support all DBT clients.

DBT at CVCA

The DBT Program was founded In 2012 when Carson Valley Children's Aid was awarded a grant from Community Behavioral Health (CBH) to work with the creators of DBT from the University of Washington, including Dr. Marsha Linehan.



How Can Caregivers Be Supportive?

While at Carson Valley Children's Aid your child has been learning about DBT and learning DBT skills to manage his/her emotions in a more successful way. It might be helpful for you to know these skills so you can help your child when he/she visits/returns home. They are useful for adults as well!