

Dialectical Family Group Treatment

Have you ever wondered

- Why does my loved one have problems handling intense emotions?
- Why do my attempts to help sometimes seem to make things worse?
- How can I help my loved one while maintaining a life of my own?
- How can I better handle the stress of loving someone who is very emotional?

DFGT is a 16 week group that teaches family members skills to better cope with a loved one who is experiencing problems with emotions

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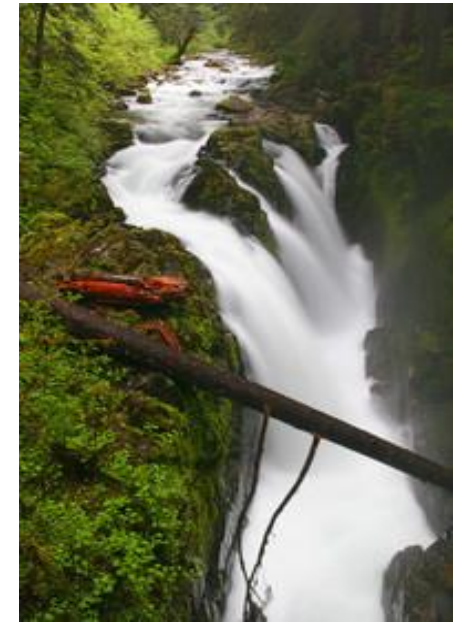
HARBORVIEW
MEDICAL CENTER

Harborview Mental Health Services

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DIALECTICAL FAMILY GROUP TREATMENT

Teaching Understanding and Skills
to Family Members of those who
have Problems with their Emotions

Department of Psychiatry

UW Medicine

HARBORVIEW
MEDICAL CENTER

Dialectical Family Group Treatment

Does your family member suffer from problems like:

- *Suicidal thinking and behavior?*
- *Borderline personality disorder?*
- *Severe depression or anxiety?*

The Harborview Mental Health Services and the UW Department of Psychiatry and Behavioral Sciences are offering a 16 week skills-based program to help family members better understand and cope with their loved one's difficulties, as well as manage their own emotions that arise from loving a person who is very emotional.

This group treatment is based on Dialectical Behavior Therapy (DBT) that was developed by Marsha Linehan, Ph.D as well as other Family DBT experts like, Joan Russo, Ph.D. & Alan Fruzzetti, Ph.D,

Objectives

- Understand behaviors that result from difficulties coping with intense emotions.
- Learn how emotions work and how to deal with them in yourself as well as in your loved one.
- Learn how to communicate more effectively with your distressed family member.
- Cultivate relationship skills to be able to say what you mean in a loving way.
- Create a safe environment for you to discuss sensitive issues with other family members who share and understand your challenges.

Format & Schedule

Orientation

You will meet once with one of the group leaders to tell you more about the group, share your story, and orient you to the group materials.

Family Group Meetings

Mondays 2:30-4:30 p.m.

Week

- 1 Introductions & Goal Setting
- 2-3 Mindfulness
- 4 Dialectics
- 5 Biosocial Theory
- 6 Reinforcement
- 7-8 Validation
- 9-10 Interpersonal Skills
- 11-13 Emotion Regulation Skills
- 14 Radical Acceptance
- 15 Wrap-up
- 16 Review



DFGT Skills for Family Members

Cost

This group is intended for family members who are suffering distress as a result of their loved one's mental health difficulties. To be eligible for this group YOU must have insurance that includes a mental health benefit. Bills will be submitted directly to your insurance provider. Please check with your insurance provider to make sure this group will be covered before beginning the group. You will be responsible for whatever costs your insurance does not cover.

How to Enroll

All interested individuals must register by submitting an application. E-mail pbrink1@uw.edu to obtain application information. Be sure to reserve your spot as enrollment is limited.

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