

What past Family Skills Training Program participants have said:

"The program really helped me learn to accept my loved one's struggle in a more loving manner."
CW

"I loved the section on Radical Acceptance. It changed my life." JA

"As a couple we are dealing with our daughter's roller coaster of emotions much better." DC

"Wow!" TJ

"Great program. I wish I'd known about this type of approach sooner." LL

"It's great to be together with other families who understand and who we can talk to freely without a sense of shame." PG

To obtain an application and information, please go to our website at www.CBM-DBT.com or call the Center for Behavioral Medicine. Enrollment is limited.

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Effectively coping with a loved one who has a persistent emotional disorder

Family Skills Training Program



Family Skills Training Program

When a loved one is suffering with a mental illness, those around him or her suffer as well. The Center for Behavioral Medicine is offering an intensive skills-based program to help family members better understand their loved one's illness and to deal with the challenging behaviors that accompany it.

Objectives for Family Skills Training are to:

- Build an understanding of behaviors resulting from an emotional disorder.
- Learn how emotions work and how to deal with them in yourself as well as your loved one.
- Learn more effective communication skills.
- Cultivate relationship skills that produce results that make a difference.
- Create a safe environment for you to discuss sensitive issues with others who understand your challenges.

Format

Family Skills Training consists of two parts:

1. Day-long foundational workshop.
2. Eight 2-hour sessions on Tuesday nights.

Practice exercises to sharpen skills will be provided and reviewed at the beginning of each session.

Who Should Attend

One or two adult relatives of the same family can attend all sessions for the same price! This may be a spouse, significant other, parent, sibling, or adult child of a family member coping with a mental illness. Regular attendance is required by all registered participants at all sessions.

How to Enroll

Participants must register by submitting an application for the training program. Call 262-782-2820 or visit www.CBM-DBT.com to obtain application information.

Day-long Workshop:

Saturday, January 26, 9:00am - 4:30pm

(Light breakfast and lunch included)

The workshop sets the foundation for the next eight sessions. In the workshop you will learn and work on:

- Identifying what matters that bring us here.
- Skills for paying attention to what matters.
- Identifying what's important in your relationship.
- Setting relationship goals for your future.
- Change, assumptions, and commitment.

Eight Tuesday evenings, 6:00pm - 8:00pm

- Feb. 5 Understanding our loved one. Theory that helps accept the illness and understand how to foster change.
- Feb. 19 Everything you needed to know about emotions.
- March 5 More emotions and how they work in relationships.
- March 19 How to communicate what you want effectively.
- April 2 How to communicate that you "Get it."
- April 16 How to say what you mean.
- April 30 Radical Acceptance of what is.
- May 14 Wrap-up of skills.

Cost

Workshop, materials, and eight training sessions:

- \$700 paid prior to the start Workshop or 6 monthly payments of \$125 .
- **Final Registration by Monday, January 8.**
- Check and credit cards accepted.
- A \$50 non-refundable deposit reserves your place in the program.