

INVESTMENT

The cost of each workshop includes 2-hours of training, plus materials:

- \$100 for one attendee
- \$125 for two (\$75 saving!)

Check and credit cards accepted

Past Participant Testimonials:

"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 more information
please contact us at:**

250 N. Sunny Slope Rd. Suite 203
Brookfield, WI 53005

Phone: 262-782-2820

Fax: 262-782-6937

www.CBM-DBT.com

***Please register ahead of time
with Office Manager Candi
Clark***



Family Skills Workshops



Learn how to effectively
cope with your loved
one's needs alongside the
support and collaboration
of other families.

FAMILY SKILLS TRAINING

When a loved one is suffering with a mental illness, those around them suffer as well.

The Center for Behavioral Medicine is offering a rotating series of skills-based workshops to help family members better understand their loved one's needs and to manage and support the challenging behaviors that accompany it.

Objectives for Family Skills

- Build an understanding of behaviors resulting from an emotional disorder.
- Engage in a safe environment to share your experience and gain support from others who understand your challenges.
- Learn how emotions work and how to manage them effectively in yourself as well as your loved one.
- Practice effective new skills to improve communication and relationships with your loved one.

FORMAT OF WORKSHOP

Each workshop will begin with introductions and a short mindfulness practice.

The remainder of the time will be spent on teaching the targeted skill through didactics, discussion, and practice (i.e., visuals, role plays, sample scenarios, etc.).

Who Should Attend?

Do you have a loved one who struggles with maintaining relationships, emotion dysregulation, impulsivity, attending school or work, or reaching for their own goals? If so, this programming is created for you, to increase your awareness and understanding of ways to support your loved one in building their life worth living.

Two adult relatives of the same family can attend at a discounted rate the price of one. This may be a spouse, significant other, parent, sibling or adult child of a family member coping with a mental illness, these workshops are geared towards you.

Participants are welcome to sign up for each individual workshop of interest; there is no specified order required to attend other subsequent workshops.

WORKSHOP SCHEDULE

September 8, 2018, 9am-11am

- Understanding Emotional Regulation Struggles: Why does my loved one struggle the way they do?

October 13, 2018, 9am-11am

- Acceptance?... That's Radical! How to accept our loved ones and ourselves.

November 10, 2018, 9am-11am

- Validation: Defusing the conflict communication bomb

December 8, 2018, 9am-11am

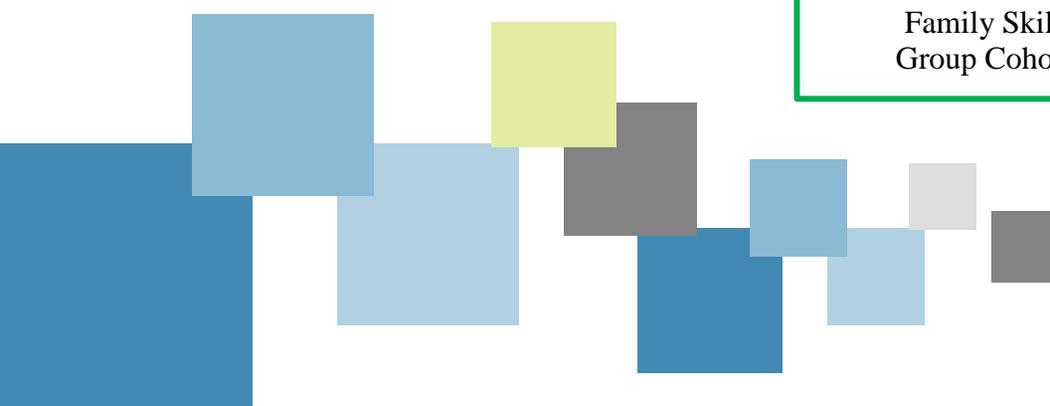
- Observing my limits: Asking for what I want and saying no to what I don't want

January 12, 2019, 9am-11am

- Be the Changemaker You Want to Be: How to support your loved one in building their life worth living

February 9, 2019, 9am-11am

- Emotions? What are They Good for Anyway?: Everything you want to know about emotions... and more!



Ask us about our
Family Skills
Group Cohort!