

# Parent Training Schedule

Click this link for dates of the weekly topics:

<https://docs.google.com/spreadsheets/d/16rwvm1YO5bSf2USozbZGOq5dcUs7o5BFq25HAVqqVdl/edit?usp=sharing>

Week 1

## **Reinforce Improved Behaviors**

HW for next week: Practice natural reinforcement. Every day comment on effective behaviors: gentleness/validation, Check the Facts (instead of assumptions), opposite action (instead of avoidance), small steps, spending time with family, sharing/talking, compliance

Week 2

## **Consequences for Dysfunctional Behaviors**

HW for next week: Practice natural punishment; Read Repair handout and checklist (pp 14-19)

Week 3

## **Consequences; Interpersonal Repair**

HW for next week:

- 1) HW: Watch video "Skills overview video" at [www.dbtsandiego.com/parents](http://www.dbtsandiego.com/parents)
- 2) HW: bring to next group examples of emotion-driven avoidance

Week 4

## **Targeting Anxiety, Depression, and Suicidality: Opposite Action** (page 5)

HW for next week:

- 1) finish reading this handout and read the transcript examples "Parent intervention examples"
- 2) HW: bring to next group your teen's primary distortions (exact words and behaviors that you recently observed.)

Week 5

## **Targeting Anxiety, Depression, and Suicidality: Responding to Distortions** (page 5)

HW for next week:

- 1) write out how you want to (or did) respond to the biggest distortion you hear (copy transcript examples) and bring to next group and/or email to me for feedback.
- 2) example of you talking through your own distortion in front of your spouse or teen

Week 6

## **Targeting Anxiety, Depression, and Suicidality: Responding to Distortions**

HW for next week:

- 1) Read Enabling handout (page 6)
- 2) bring to next group examples of your enabling
- 3) read NY Times article on our parent web page

Week 7

## **Targeting Anxiety, Depression, and Suicidality: Enabling** (page 6)

HW for next week:

- 1) bring to next group examples of your enabling and examples of extinction
- 2) bring to next group examples of how you explain your extinction intervention to your teen

Week 8

**Targeting Anxiety, Depression, and Suicidality: Enabling**

HW for next week:

- 1) Bring in recent examples of when you invalidated your teen
- 2) Read "Validation examples" (page 20)
- 3) Read Harvey book (pages 46-52) or Hall Validation book (pp. 56-64, 87-125) or validation videos on Youtube "DBT Peer Network"

Week 9

**Brief Validation**

HW for next week:

- 1) Every day make several small validation comments to your teen (count them)
- 2) Start trying to understand a big issue much deeper. Ask your teen "Can you help me better understand what's going on when you \_\_\_\_\_?" or "Why is it so important to you that...?"

Week 10

**Thorough Validation**

HW for next week:

- 1) Try to complete thorough validation, and if blocked write up a summary of your best guess.
- 2) Read article "Why Your Teenager Gets So Annoyed With You"

Week 11

**Improving Your Relationship; Anger; Safety**

HW for next week: Read handout on "Effective Prompts" (page 8)

Week 12

**DEAR MAN for Behaviors Now / Effective Prompts / Directions**

HW for next week:

- 1) Double-chore consequence skill and bring other prompt examples to next group
- 2) Read GIVE DEAR MAN handouts and checklist (pages 3, 9-12, and 21)

Week 13

**Brief GIVE DEAR MAN for Behavior Change Now** (page 3)

HW for next week:

- 1) write out a transcript (exacts words) of how you want to use this skill with your teen and email it to me before next group
- 2) Attempt one brief GIVE DEAR MAN (behavior change now) and bring your notes about it

Week 14

**Full GIVE DEAR MAN**

HW for next week:

- 1) Try to have a full "heart-to-heart" conversation about behavior problem
- 2) Read Interpersonal Repair handout and checklist (pp 14-19)
- 3) Read Risk Management handout (page 22-24)

Week 15: **Special Topics: Safety, Anger, Sleep, Technology**

HW for next week: Read reinforcement/consequences handout (page 4)