

DBT Parent Coaching 8-Session Package



to schedule: 650.688.3625
or careteam@chconline.org

Are you the parent of a teen who struggles with **depression, self-harm, or suicidality?**

You are not alone, and you've come to the right place. In this 8-session package, you will learn the skills and principles of Dialectical Behavior Therapy (DBT), the only evidence-based treatment for decreasing suicidal thoughts and self-harming behaviors in youth.

Learn how to:

- Help your teen feel heard and understood
- Balance structure and nurturing
- Create a safety plan with your teen
- Diffuse escalating emotions
- Communicate effectively to reduce conflict

We can help you **feel at peace again**, knowing you are doing everything you can to foster safety, growth and healing in your teen.