

DIALECTICAL SKILLS GROUPS



DSG Informational Video

Parenting an adolescent is not for the faint of heart! As our 21st-century world becomes increasingly complex and demanding, the resiliency strategies needed for families to walk through this ever-changing landscape require emotional self-regulation as well as a heaping dose of healthy relationship skills. Parent DSGs help equip you, the parent, to learn, practice, and reinforce these abilities with your teen at home.

DSGs teach skills that families can place in their life readiness toolbelts, to equip them IN and BEYOND the walls of their schools and homes. These groups provide parents with resilience strategies to learn and reinforce with their students. Parents will discover how to support their child's control of emotions, thoughts, and behaviors in the pursuit of long-term goals, along with the ability to have positive communication and relationship skills.



MINDFULNESS

Mindfulness is the skill of paying attention to your thoughts, feelings, body sensations, and behavioral urges at a given moment. You will learn how to thoughtfully respond to life's events rather than reacting out of your emotions.

DISTRESS TOLERANCE

Distress Tolerance is the skill of handling emotional distress without making the outcome worse. You will learn to identify and evaluate your current coping mechanisms, and replace unhealthy habits with new, positive ways for managing distress.

EMOTION REGULATION

Emotion Regulation is the skill of maintaining control over your own feelings. Just like adjusting the hot and cold water in a shower to stay comfortable, you will discover the reality that YOU CAN control your own thoughts and emotions.

INTERPERSONAL EFFECTIVENESS

Interpersonal Effectiveness is the skill of having healthy relationships. You will learn the art of getting your own needs met in relationships, while maintaining your personal integrity.

For more information, contact
your school counselor.

