



# A DBT Skills Communication Road Map for Couples and Parents Navigate Differences, Discover Common Ground, and Be Yourself



## What it is: A DBT *Remix!*

Full DBT content taught as psychoeducation within in a relationship- focused framework

## Who Benefits:

All Couples Welcome including Neurodiverse couples with one neurotypical partner. parents of Neurodiverse people, anyone who wants to understand and be understood by their most important people.

## START

### Objectives

Participants learn how to figure out what people are really trying to say while managing their own emotions

Learn subtle but important differences in experiencing and expressing that are hardwired; and how to translate them into real understanding.



## Key Take Aways:

Gain methods for quickly resolving misunderstandings

Learn the differences in social and emotional understanding & expression that underly many common power struggles and how you and your partner can navigate them.

Learn unique and powerful ways to listen more generously and really make important connections

To express interest Submit a Contact Form at:

[www.sanjosedbt.com](http://www.sanjosedbt.com)

Or call (408) 893-4032

## Private DBT Skills Coaching

*both*™ is not a Psychotherapy group it is a class. Concurrent individual Skills coaching OR couples coaching available for a separate fee. Individual Psychotherapy available also for a separate fee. Openings may be limited.



Building bridges in communication one conversation at a time.

Ask about *both*™ for teams and organizations [melinda@sjdbt.com](mailto:melinda@sjdbt.com)

## FINISH

San Jose DBT's Melinda Carlisle Brackett, Licensed Marriage & Family Therapist is a Certified Neurodiverse Couples Therapist and DBT Therapist. She is also a partner in a neurodiverse couple and mom to a neurodiverse teen! In addition to her Comprehensive DBT program She is offering Neuro-affirming DBT Skills Training Reorganized and customized specifically to help couples and parents solve communication challenges and achieve relief in interpersonal stress. Be the best partner you can be!

### San Jose DBT

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