

Overview

- Information that will help you understand your loved-one's behavior
- Confidential support and opportunity to feel understood
- Share problems and gain insight from other family members experiencing similar problems
- Educational materials
- Homework assignments may be given

Please note, client pays fees for professional services, and receipts will be issued. Clients can submit these receipts to their own health insurance benefit provider or can be used as a medical expense on income taxes.

Please visit innersolutions.ca for details on current Family and Friends education series fees and dates.

Payment

We accept Visa, Mastercard, Cheque, Cash or e-transfer. Session Fees must be paid in full in advance of start-date. *Missed sessions will not be refunded.*

Family & Friends Education Series

Understanding and support for persons loving someone with Borderline Personality Disorder:

Becoming Part of the Solution

Learn about:

- Borderline Personality Disorder
- Dialectical Behavior Therapy
- New coping skills based on DBT
- How to validate emotional responses with DBT skills
- New methods of communicating with your loved one
- Building hope and re-developing trust

Contact Us

Inner Solutions™

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Sessions

When you attend the Family & Friends Education and Support Group you will be asked to participate in the discussion topics each week by sharing your own experiences.

You will also be asked to practice the skills so that you integrate them into your life and feel confident applying them.

Topics Discussed

- What is borderline personality disorder?
- Dialectical Behavior Therapy (DBT)
- Methods of communicating with someone with high emotional reactivity
- DBT coping skills to manage your own stress
- Validation as a core relationship strategy
- Setting personal limits
- Reinforcing positive behavior and diminishing negative behavior
- Redeveloping trust
- *If available*, a guest speaker who has received DBT who will come and discuss their experiences regarding diagnosis and therapy

Program Component

The Family & Friends Education and Support Group at Inner Solutions™ is designed for individuals who know someone with a diagnosis or traits of borderline personality disorder.

The person may or may not be in therapy and they do not need a diagnosis.

Although therapy is typically centered on the person receiving it; it is well understood that a person's behavior is influenced by the behavior of those around them. Thus, when in relationships with someone with mental health problems you influence them and they influence you.

Often when a family member or friend choose to involve themselves in the therapy process by attending the Family & Friends Education and Support Group positive changes occur in their relationship with their loved one.

This class is highly recommended to any family members or friends who would like to learn ways to influence and enhance the relationship.

Support Group

- The group provides support while you learn to interact differently with your loved one.
- The group teaches how to interact with them so that they feel understood and heard.
- The group teaches the DBT skills so you can use the skills to regulate your own emotions. This is especially important because in times of crisis, you will benefit from being able to regulate your own emotions in order to be helpful and not 'contribute to the crisis'.

By learning the DBT skills, you can assist your loved one in *their* use of skills.

This is helpful because during times of intense emotions, it is common for someone with borderline personality disorder to experience difficulty in remembering skills use.

Inner Solutions™ Mission

To understand and to help ... by providing empirically supported treatments with compassion and expertise. To help clients: *learn it, live it, and lend it ... to others by example.*

