

ROUTES

To Relationships

Therapy and skills to get where you want to be.

Custom Family Workshop Series

Workshop #4

Arrival and orientation	Greet your clinician and supporting staff.
Check-In	Review the hopes and intentions set in the session prior and how home life and relationships have been since Workshop #3.
DBT Skills	Discuss the basics of dialectical behavioral therapy in order to walk away with a toolbox of skills for further exploration and practice.
Snack and break	Food and drinks provided. Preferences and dietary restrictions are accommodated.
Put it all into practice	Engage in the “4 R’s” activity which integrates honest and assertive communication, vulnerability, distress tolerance, and continued learning about your family members.
Lunch	Food and drinks provided. Preferences and dietary restrictions are accommodated.
The glue that holds it together	Learn one another’s Love Languages and discuss the ways to most effectively support one another.
Closing exercise	Review learnings and takeaways from the day. Set hopes and intentions that others can hold you accountable to moving forward.

