

**Dialectical Behavior Therapy:  
New Skills for Parents and Providers to Decrease Stress and  
Improve Cooperation and Relationships with Children and Adults  
with Developmental Disabilities and Mental Health Needs**

**July 27, 2016 • 1pm - 5pm**  
**Westside Regional Center—3rd Floor Board Room**  
**5901 Green Valley Circle, Los Angeles, CA 90230**

**About the Event**

This four hour workshop is designed to help parents improve relationships with their young and adult children through the use of Dialectical Behavior Therapy (DBT) strategies. This workshop will also offer introduction to DBT and interventions that providers can use when working with individuals with developmental disabilities and co-occurring mental health conditions. Parents and providers will learn and practice strategies to:

- Decrease conflict
- Increase cooperation and tolerance for distress
- Improve communication and relationship skills

**Who should attend?**

Parents of children and adults:

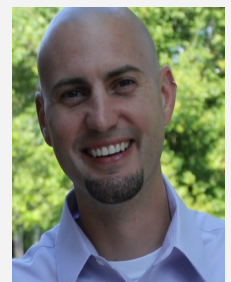
- Who want new strategies to try at home.
- Who are interested in an introduction to DBT.
- Who have already been through skills training but would like a tune-up.

Providers who would like an introduction to DBT and interventions to teach to clients.

**Presenter**

Eric Dykstra is a clinical psychologist with Developmental Enhancement Behavioral Health Services. Dr. Dykstra provides comprehensive assessment and treatment services, including neurodevelopmental and psychological evaluations, specialized individual and group therapies, and treatment for families and siblings of those affected by neurodevelopmental concerns.

Dr. Dykstra is involved in adapting therapeutic approaches, including Dialectical Behavioral Therapy and Trauma-Focused Cognitive Behavioral Therapy, for individuals with different cognitive abilities, learning styles, and a range of emotional and behavioral concerns.



**Please RSVP to Lindsay du Plessis at [lindsayd@westsiderc.org](mailto:lindsayd@westsiderc.org) or 310-258-4204.**

**This training event is funded by the Mental Health Services Act (MHSA)  
in partnership with the Department of Developmental Services.**