

# Acceptance & Change

## Program for Significant Others



A 13-session skills program designed for the **Significant Others** of those with mental illness based on the principles and tools of **Dialectical Behaviour Therapy (DBT)**

Being in a relationship with someone with complex mental health issues can be a challenging experience and you may find yourself struggling to cope. While many therapies focus on the individual with the mental illness, there tends to be less support available for their **Significant Others**. This program is **designed for you to help you** (the family member, friend, partner, carer, or co-worker) learn effective skills to better manage the challenges you face in your unique relationship through learning:

- Psychoeducation (What's going on in your relationship and why?)
  - How to have a crisis (without making it worse)
  - Emotion regulation and mindful decision making
  - Communication skills and conflict management
    - Setting boundaries
    - Self-care practices and supports
- How to (re)engage with what is meaningful in your life



Contact Clinical Counsellor & DBT Facilitator, **Bree Rhodes**, of **Dreaming Tree Counselling** for more information:

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