

**All Things Considered... A Healthy Outlook**

# **Connecting With Your Child**

**A talk by therapist and researcher Irene Janis, MA**

**March 4, 2006  
7:30 pm  
CCHS Library**

**There is no harder job than being a parent.  
Nothing else touches a person so deeply—or so  
unpredictably—and there is no training for it.**

**Irene Janis will discuss how to use Dialectical Behavior Therapy to help you become a better parent. DBT contains four basic modules: mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance.**

DBT is used in various forms for parents, adults, and adolescents who are living the "normal" life, but could use some skills to help them along. DBT is essentially skills coaching, with interactive and easy to remember tips, skills, and suggestions on how to make it through certain interpersonal conflicts, difficult situations, or just generally feeling down. CCHS students may attend a student-focused DBT presentation as a part of Health Week on Tuesday March 3. In a recent survey, 49% of students stated that they feel stressed to perform well at school always or most of the time. This stress can transfer into risky behaviors and stress at home. This Parent presentation will teach you how to support, validate and connect with your child as you both learn to better tolerate and survive the *stressors* of everyday life.

### **About the speaker:**

Irene Janis has done clinical training at Cambridge Hospital, Judge Baker Children's Center, Two Brattle Center, Massachusetts General Hospital, and The Guidance Center of Cambridge. Janis currently runs a DBT group for adolescents at Two Brattle Center.