

DBT Treatment Assumptions for Caregivers

- My child is doing the best he/she can.
- My child needs to do better, try harder, and be more motivated to change.
- My child wants to do things differently and make things better.
- My child must learn and practice new behaviors in all situations in his/her life, ie: home, school, work, neighborhood.
- Family members should take things in a well-meaning way and not assume the worst.
- There is no absolute truth; everyone has a perspective.
- Teens and children and their families can not fail in DBT.



Questions

- What do you think about the assumptions?
- Which of the assumptions will be the most helpful to you, as you and your child learn and practice DBT?
- Which of the assumptions is the most difficult for you to consider?