



Behavioral Health Services

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[www.fcsprings.com](http://www.fcsprings.com)

## DBT FOR CHILDREN



DBT-C is a 30-week treatment program that focuses on skill development for parents of kids (typically under age 13) who are emotionally sensitive and reactive. These emotional vulnerabilities lead to behavioral and emotional dysregulation including:

- Hyper-reactivity
- Severe temper outbursts
- Irritability
- Difficulty with change and transitions
- Easily bored
- Avoidance of effort toward completing tasks
- Rapidly shifting attention
- Hyperactivity
- Impulsivity
- Sensory sensitivity (e.g., touch, smell, hearing, taste)
- Severe interpersonal problems with friends or family
- Difficulty maintaining hygiene

Of course, there are also many benefits of emotional sensitivity including empathy, creativity, pattern recognition, and strong positive emotions. These “super sensor” kids need parents who are “super parents”! DBT-C focuses on helping parents become more effective parents which therefore prevents kids from serious adolescent and adult ineffective behavior.

### Goals of DBT-C

Recognize &  
understand  
emotions

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Better Control  
behavior

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Learn ways to  
effectively cope  
with problems

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Learn how to  
problem-solve  
difficulties

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Learn “Super  
Skills” for “Super  
Sensors” with  
“Super Parents”

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