



When Might Parent Coaching Be Helpful?

Sometimes the parent needs support—even when the child is not in therapy.

DBT-informed parent coaching gives caregivers practical strategies for managing their own responses, understanding behavior, setting effective limits, and creating a home environment that supports healthier coping and greater independence.

Consider DBTICI When...

- **Parents feel overwhelmed by their child's emotions or behavior.**

Anxiety, anger, meltdowns, shutdown, avoidance, or intense reactions are leaving caregivers unsure how to respond effectively.

- **Parents are walking on eggshells.**

They avoid limits, expectations, difficult conversations, or consequences because they fear escalation, distress, or making things worse.

- **The same family conflicts keep repeating.**

Arguments about routines, school, screens, sleep, eating, responsibilities, independence, or behavior follow predictable patterns without lasting change.

- **Parents are accommodating anxiety or avoidance.**

Caregivers may be rescuing, reassuring, negotiating, reminding, or doing more for the child in ways that reduce distress short-term but make independence harder.

- **Parents disagree about how to respond.**

Different parenting styles or inconsistent expectations are increasing conflict or making it difficult to change patterns.

- **The child is receiving treatment, but parents need their own roadmap.**

Caregivers may need help understanding what their child is learning and how to reinforce effective coping and behavior at home.

What Parent Coaching Can Address

- Managing caregiver stress and emotional reactions
- Validating feelings without reinforcing ineffective behavior
- Setting limits while preserving connection
- Reducing unhelpful accommodation and reassurance cycles
- Understanding what may be reinforcing a behavior
- Responding consistently across caregivers
- Supporting age-appropriate independence and responsibility
- Navigating parent-child conflict more effectively
- Reinforcing coping skills learned in therapy or at school

Especially Relevant in Medical Settings

Parent coaching may be useful when family stress, behavior, anxiety, or emotional dysregulation repeatedly surfaces during medical visits—or when a provider sees a caregiver who needs practical support but the child does not clearly need individual psychotherapy.

A Standalone Service

A child does not have to be a DBT client—or even be in therapy at DBTICI—for a caregiver to benefit from DBT-informed parent coaching.

We Can Collaborate With the Child's Existing Providers

With appropriate consent, DBTICI can coordinate with pediatricians, therapists, school support staff, and other providers so parents receive strategies that complement the child's existing care rather than unnecessarily duplicating or replacing it.

Insurance

In-network with BCBS PPO, Aetna, Cigna, UnitedHealthcare, and TRICARE West.

Affordable Care Options

Reduced-fee/sliding-scale services and low-fee options with supervised doctoral trainees are available depending on openings.

NOT SURE IF PARENT COACHING IS A FIT? WE'RE HAPPY TO CONSULT.

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