

Baltic-American
Freedom Foundation



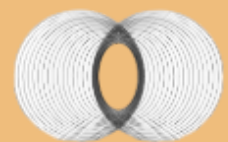
**We invite psychologists,
psychotherapists, social workers,
and other mental health
professionals to participate in a
free workshop**

Family Connections® is a structured, skills-based program for families and loved ones who support people with severe emotional dysregulation, a risk of self-harm, borderline personality traits, or other serious emotional difficulties. The program combines DBT principles with psychoeducation, validation, communication skills, and strengthening the emotional well-being of the loved ones themselves.

Seminar participants will: gain an in-depth understanding of the theoretical foundation of the Family Connections program; learn key skills for working with families (validation, setting boundaries, crisis management); understand how to provide structured support to family members while reducing feelings of guilt, burnout, and helplessness, and gain practical ideas for implementing the program in clinical and community settings.

The seminar is particularly valuable for professionals who work with

adolescents and adults who have difficulties with emotional regulation, are at risk of self-harm or suicide, as well as with families in which relationships are intense, conflict-ridden, or emotionally taxing.



LDBTA
Latvijas DBT Asociācija



Program

Family Connections

Prof. Alan Fruzzetti

17.-19.08.2026.

9:00-17:00

**University of Latvia
Jelgavas 1, Riga**

[Apply here](#)

