

The Auburn-Davis Center for Dialectical Behavior Therapy

Schedule of Teen/Parent Groups for DBT Skills Training Starting 1-3-15

Groups are Tuesdays 4:30pm to 6:00pm

Jan./Feb.	3	10			Mindfulness/Orientation
Feb./Mar.	17	24	3	10	Emotion Regulation
Mar.	17	24			Mindfulness/Middle Path
Mar./Apr.	31	7	14	21	Interpersonal Effectiveness
Apr./May	28	5			Mindfulness/Orientation
May./Jun.	12	19	26	2	Distress Tolerance
Jun.	9	16			Mindfulness/Orientation
Jun./Jul	23	30	7	14	Emotion Regulation

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