

The Auburn-Davis Center for Dialectical Behavior Therapy

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

Groups are Wednesdays 5:30pm to 7:00pm

Jan./Feb.	4	11			Mindfulness/Orientation
Feb./Mar.	18	25	4	11	Emotion Regulation
Mar.	18	25			Mindfulness/Middle Path
Mar./Apr.	1	8	15	22	Interpersonal Effectiveness
Apr./May	29	6			Mindfulness/Orientation
May./Jun.	13	20	27	3	Distress Tolerance
Jun.	10	17			Mindfulness/Orientation
Jun./Jul	24	1	8	15	Emotion Regulation

Rev. 1-1-15

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