

Auburn-Davis Center For Dialectical Behavior Therapy

Davis Schedule of Groups for DBT Skills Training Starting 2-2-15

Young Adult Groups are Monday 5:00 pm to 6:30 pm

Feb.	2	9			Mindfulness/Orientation
Feb./Mar.	16	23	2	9	Emotion Regulation
Mar.	16	23			Mindfulness/Orientation
Mar./Apr.	30	6	13	20	Interpersonal Effectiveness
Apr./May	27	4			Mindfulness/Orientation
May./Jun.	11	18	1	8	Distress Tolerance
Jun.	15	22			Mindfulness/Orientation