



Dialectical Behavior Therapy (DBT) Skills Group For Adolescents and Young Adults

This weekly, hour-long DBT-informed group will teach concrete and tangible skills to help with regulating emotions, handling difficult situations and improving interpersonal effectiveness. The group will follow the structure of DBT-A including the following units:

- Defining DBT and Goals of Skills Training
- Mindfulness Skills
- Emotion Regulation Skills
- Distress Tolerance Skills
- Interpersonal Effectiveness Skills
- Walking the Middle Path Skills

When: Weekly via Zoom, Day and Time TBD

Facilitator: Casara Jean Ferretti, MS MA PhD Candidate

Cost: \$75/session

For more information, please email Emily Sachs
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