

# Dialectical Behavior Therapy (DBT)

THIS WILL BE A CLOSED GROUP (MEANING EACH SESSION BUILDS ON PREVIOUS SESSIONS AND NEW CLIENTS WILL HAVE TO START AND THE BEGINNING OF ONE OF THE FIVE MODULES. SEE SCHEDULE FOR MORE DETAILS). DBT IS A WELL RESEARCHED THERAPY FOR INTERPERSONAL COMMUNICATION AND RELATIONSHIP CHALLENGES. WE ALSO FOCUS ON EMOTIONAL REGULATION, DISTRESS TOLERANCE, AND MINDFULNESS. THIS GROUP IS FOR AGE 14 AND UP.

## DATES & TOPICS

**AGES:  
14-20**

**Sept. 14th: Mindfulness Skills (New clients may start)**

**Sept. 21st: Mindfulness Skills**

**Oct. 18th: Distress Tolerance (New clients may start)**

**Oct. 26th: Distress Tolerance**

**Nov. 2nd: Walking the Middle Path (New clients may start)**

**Nov. 9th: Walking the Middle Path**

**Nov. 16th: Emotional Regulation (New clients may start)**

**Nov. 30th: Emotional Regulation**

**Dec. 7th: Interpersonal Effectiveness (New clients may start)**

**Dec. 14th: Interpersonal Effectiveness**

**Wednesday @ 6:30pm-7:30pm**

**REGISTER AT [WWW.TANQUEVERDEPEDS.COM](http://WWW.TANQUEVERDEPEDS.COM)**