

**Wednesdays 6:30–
7:30pm**

TVP Behavioral Health Groups

Dialectal Behavioral 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. {*} indicates a week when new clients may start.

Jan 11th – Intro into DBT{*}
Jan 18th – Mindfulness Skills Section 1{*}
Feb 1st – Mindfulness Skills Section 2
Feb 8th – Distress Tolerance Section 1{*}
Feb 15th – Distress Tolerance Section 2
March 1st – Distress Tolerance Section 3
March 22nd – Distress Tolerance Section 4
March 29th – Walking the Middle Path Section 1{*}
April 5th – Walking the Middle Path Section 2
April 12th – Walking the Middle Path Section 3
April 19th – Walking the Middle Path Section 4
April 26th – Emotional Regulation Section 1&2{*}
May 3rd – Emotional Regulation Section 3&4
May 10th – Interpersonal Effectiveness Section 1&2{*}
May 17th – Interpersonal Effectiveness Section 3&4
May 24 – Putting it all Together, Q&A

Ages 14 and up

Good for kids who:

- struggle w/ relationships**
- take on others emotions**
- difficulty w/ emotional regulation**
- constant fighting w/parents or siblings**

Register at www.Tanqueverdepeds.com