The Auburn-Davis Center for Dialectical Behavior Therapy

Schedule of Adult Groups for DBT Skills Training Starting 1/5/2017

Auburn Thursday Adult Groups are 12:30pm to 2:00pm

January	5	12	19				Mindfulness/Middle Path (3)
Jan.Feb/Mar	26	2	9	16	23	2	Interpersonal Effective. (6)
March	9	16					Mindfulness/Orientation (2)
Mar/Apr	23	30	6	13	20		Distress Tolerance (5)
Apr/May	27	4					Mindfulness/Orientation (2)
May/Jun	11	18	25	1	8	15	22 Emotion Reg. (7)
Jun/July	29	6	13				Mindfulness/Middle Path (3)
Jul/Aug	20	27	3	10	17	24	Interpersonal Effective. (6)
Aug/Sept.	31	7					Mindfulness/Orientation (2)
Sept/Oct	14	21	28	5	12		Distress Tolerance (5)
Oct	19	26					Mindfulness/Orientation (2)
Nov/Dec	2	9	16	30	7	14	Emotion Reg. (6)
Jan 2018	4	11	18				Mindfulness/Middle Path (3)

There will be no group Nov. 23, Dec. 21 and Dec. 28.

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