

The Auburn-Davis Center for Dialectical Behavior Therapy

Schedule of Adult Groups for DBT Skills Training Starting 1/6/2017

Davis Friday Adult Groups are 1:30pm to 3:00pm

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

There will be no group Nov. 24, Dec. 21 and Dec. 28.