The Auburn-Davis Center for Dialectical Behavior Therapy

Schedule of Adult Groups for DBT Skills Training Starting 1/2/2017

Davis Adult Group Mondays 5:00pm to 6:30pm

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

There will be no group May 29, July 3, Sept. 4, Dec. 18 and Dec. 25.

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