

The Auburn-Davis Center for Dialectical Behavior Therapy

Schedule of Teen/Parent Groups for DBT Skills Training Starting 1/4/2017

Davis Teen Groups are Wednesday 5:30pm to 7:00pm

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

There will be no group Dec. 20 and Dec. 27.