

The Auburn-Davis Center for Dialectical Behavior Therapy

Schedule of Teen/Parent Groups for DBT Skills Training Starting 1/26/2017

Auburn Thursday Teen Groups are 4:30pm to 6:00pm

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

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

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