

# The Auburn-Davis Center for Dialectical Behavior Therapy

Schedule of **Davis** Teen/Parent Groups for DBT Skills Training Starting 5/18/17

Groups are Thursday 4:00pm to 5:30pm

May	18	25						Mindfulness/Orientation
June/July	1	8	15	22	29	6	13	Emotion Regulation 7
July/Aug.	20	27	3					Mindfulness/Orientation 3
Aug./Sept.	10	17	24	31	7	14		Interpersonal Effectiveness 6
Sept.	21	28						Mindfulness/Orientation
Oct./Nov.	5	12	19	26	2			Distress Tolerance 5
Oct./Nov.	9	16						Mindfulness/Orientation
Nov./Dec./Jan.	30	7	14	4	11	18	25	Emotion Regulation 7
Nov. 23 and Dec. 21	28							NO GROUPS

Rev. 6/25/17