

DBT Skills Group

for increased mindful awareness, focus, balance, crisis survival, emotion regulation,
and interpersonal effectiveness

Groups held at **ITTC**
811 NW 19th Ave
Portland, OR 97209
Suite 102

Contact **Sophie** for
more info or to
register
971-266-6910
ext 319



- Skills groups are separated by topic/"module" (Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness) with 2-week Mindfulness modules in between
- Main modules run for 6 weeks and an attendance commitment to at least 5 of 6 weeks is requested
- Group start dates are estimated and will only start once a minimum number of individuals have committed (3 for mindfulness modules and 5 for main modules)
- Group typically meets 3pm-4:30pm on Wednesdays
- FamilyCare, HealthShare, BCBS, and Pacific Source insurance plans accepted
- \$40/group if private pay. 25% discount offered if all 6 groups are paid up front.

Upcoming Groups

- 2-week **Mindfulness** December 14th + 21st
- 6-week **Emotion Regulation** January 18th - February 22nd