



MAGGIE KLYCE LICSW, PIP, CEDS

# DBT Group

**6-WEEK DBT GROUP**

**THURSDAYS AUGUST 27-OCTOBER 1**

**11:30-12:30**

WEEK 1: INTRODUCTION/GOALS

WEEK 2: MINDFULNESS

WEEK 3: EMOTION REGULATION

WEEK 4: DISTRESS TOLERANCE

WEEK 5: INTERPERSONAL SKILLS

WEEK 6: TROUBLESHOOTING/WRAP-UP

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