



Alexian Brothers Behavioral Health Hospital

Self-Regulation & DBT Skills Group

Group Format:

- 8-week, closed, adult group
- Lecture and interactive individual and group activities focusing on session topic
- Participants learn about:
 - Mindfulness
 - Distress Tolerance
 - Emotional Regulation
 - Interpersonal Effectiveness

Participants will be provided with handouts, individual activities, and homework each week.

Participant Requirements:

- Be actively involved in individual therapy.
- Commit to attending all 8 sessions.
- Be willing to be open to new skills and willing to practice these new skills throughout the week in their daily life.
- Be actively willing to work towards a life worth living.

Tuesdays 6-8pm
Cost: \$40 per session*

For questions and pre-screening information contact
Kate Hamilton, LCSW at 847-755-8580

**Payment for first four sessions (\$160) due at first meeting.*

Access & Referrals: We are committed to prompt attention. Please call us at **800-432-5005**.

