



# Alexian Brothers Behavioral Health Hospital

## Self-Regulation & DBT Skills Group

### Group Format:

- Open adult and adolescent group with a 20-session revolving schedule
- Lecture and interactive format involving both individual and group activities
- Group topics include:
  - *Mindfulness*
  - *Distress Tolerance*
  - *Emotional Regulation*
  - *Interpersonal Effectiveness*
- Participants will be given weekly handouts, individual activities, and homework assignments

### Participant Requirements:

- Be actively involved in individual therapy \*Please note: a Release of Information for the Outpatient Therapist will be required\*
- Be committed to regularly attending sessions
- Be open to new skills and willing to practice these new skills throughout the week in their daily life and willingness to actively work towards creating a life worth living

**WEDNESDAYS 7:00PM - 9:00PM**  
***Beginning January 11, 2012***

### Cost:

- \$45 per Skills Group session
- Insurance coverage questions should be directed to the Group Practice Intake Department at 847-755-8209

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

