

# Family Counseling Associates of Andover

Counseling and Psychological Assessment Services

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## DBT / Life Skills Groups OVERVIEW

DBT / Life Skills Groups teach participants the core aspects of DBT (mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness). These groups are for adolescents 12-18 and young adults 19-24 years old. These groups will run for 6 weeks from July 9th - August 13th 2018.

Perspective clients will be screened to assess their appropriateness to participate in these skill-based groups. Clients must also be actively participating in outpatient counseling with their own provider; and families must be willing to sign a consent to speak to outpatient clinicians.

This group is designed for adolescents and teenagers who want to develop new coping strategies and improve their communication with others. This group is meant to provide new skills in a safe and welcoming environment. We will focus on skill development and some use of expressive/art therapy.

### Objectives

1. Psychoeducational on how to better control over challenging feelings
2. Improved communication with friends and family
3. Learn relaxation and stress reduction skills

### Cost of Groups

DBT / Life Skills Groups is a 6-week intensive group counseling program which runs from July-August 2018. Participants should make every effort to attend each group session. The cost of the for DBT / Life Skills Group is **\$400**. The payment in full is due by June 30th. Cash, checks, and credit cards are accepted. In some cases families may be able to use their health savings accounts.

### Next Steps

To learn more about the DBT / Life Skills Groups, please contact the program coordinator Courtney Hale LMHC at [courtney@fca-andover.com](mailto:courtney@fca-andover.com) or at 978-222-3121 x14.