

# Adult Dialectical Behavioral Therapy (DBT) and Experiential Process Group

Who: Adults 24+

When: 09/18/2024 – 12/11/2024

The group will meet Wednesday evenings from 6:00-7:00 pm.\* The group will last for 12 weeks, ending December 11, with a break for Thanksgiving week.

\*Class may extend to 7:15 pm.



## Overview/Goal

Dialectical behavioral therapy tries to identify and change negative thinking patterns and pushes for positive behavioral changes. DBT may be used to treat chronic suicidal ideation, parasuicidal behaviors, mood disorder, anxiety disorder and others. This group will help adults and their support systems identify problematic behaviors and thought patterns and develop new, positive ones. It focuses on teaching skills in 4 key areas: Emotion Regulation, Distress Tolerance, Interpersonal Effectiveness, and Mindfulness. This group will also use expressive modalities from Art Therapy and Narrative Therapy for processing of experience. Materials provided.

## Where:

### **Credence Counseling Services LLC**

2350 G Rd Suite #2

Grand Junction, CO 81505

(970) 985-8110

credencereception@credencecounseling-colorado.com

Visit our Website @: [www.credencecounseling-colorado.com](http://www.credencecounseling-colorado.com)



## Group Facilitator:

Elizabeth Aubert, M.A., L.P.C., N.C.C.

We accept the following insurances: Aetna, BCBS, Anthem, Cigna, Medicaid, RMHP, UMR, United Health Core, Second Wind and numerous other commercial or state payors. List is not exhaustive.

Updated 8/22/2024