

## ADOLESCENT OUTPATIENT GROUP SCHEDULE

**MONDAY** **Dialectical Behavior Therapy (DBT) Group: Monday 4:00pm-5:00pm**

This group runs through four different DBT modules: Mindfulness, Emotional Regulation, Distress Tolerance and Interpersonal Effectiveness. Each week's module provides skills and homework to help implement the teachings into daily life.

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**TUESDAY** **Art Therapy Group: Tuesday 4:00pm-5:00pm**

A licensed Art Therapist leads the group by beginning with a prompt that encourages self-expression to challenge any perfectionistic thoughts or self-criticism, and instead embrace flexibility and tolerating hard emotions by experiencing them without judgment.

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**WEDNESDAY** **Cognitive Behavioral Therapy-Enhanced (CBT-E) Group: Wednesday 4:00pm-5:00pm**

Allows patients to learn specifically how their emotions, thoughts, and behaviors are interlinked, and how to interrupt eating disorder symptoms. Topics include over-evaluation of weight, shape, and size on self-esteem; eating disorder rules; tracking symptoms; challenging distorted ED thoughts, etc.

**Anyone seeking Outpatient Groups must provide proof that they are currently seeing an outpatient therapist. Must be 14-17 years old. Pre-screenings are required.**

**Cost is \$30.00 out-of-pocket per group.** Covered by some insurance plans. Individuals responsible for submitting billing slip to their insurance for reimbursement.

To learn more about our services, register for a group, or to schedule a free, complimentary assessment, please contact our Admissions Team at **(719) 578-5132**

**Groups are held at EDCare Colorado Springs | Adolescent Program**  
3468 Briargate Blvd, Colorado Springs, CO 80920