

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.

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.

WEDNESDAY **Anxiety Management Group: Wednesday 4:00pm-5:00pm**

Anxiety Management is a group designed to expose patients to specific tools and techniques to help them manage their anxiety. Even those without diagnosed anxiety will experience anxiety from time to time, which is why it is important for teens to be exposed to these coping skills.

THURSDAY **Cognitive Behavioral Therapy-Enhanced (CBT-E) Group: Thursday 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. The cost is \$30.00 out-of-pocket per group. Covered by some insurance plans. Individuals are 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**

All groups are currently being held virtually