

DBT Center of NJ: Group Schedule

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		* Princeton Theological Seminary Group 10:00-12:00pm	* Intellectual Disabilities DBT Skills Training Group 9:30-11:30am		Adolescent DBT Skills Training Group 10:30-12:00pm
	DBT Consultation Team Meeting 1:30-3:00pm	Adult DBT Skills Training Group 10:30-12:00pm	* Children's DBT Skills Training Group <small>(Parent Group runs simultaneously)</small> 1:00-2:30pm		Substance Abuse DBT Skills Training Group 12:30-2:00pm
	Graduate DBT Skills Training Group <small>(Prerequisite: Skills Training)</small> 5:00-6:30pm	Problem Eating DBT Skills Training Group 1:00-2:30pm	* Parent DBT Skills Training Group <small>(Children's Group runs simultaneously)</small> 1:00-2:30pm		
Adult DBT Skills Training Group 6:45-8:15pm	Multi-Family DBT Skills Training Group 7:00-8:30pm	Young Adult DBT Skills Training Group 6:00-7:30pm	Adolescent DBT Skills Training Group 6:30-8:00pm		
Parent DBT Skills Training Group 6:45-8:15pm	* Couples DBT Skills Training Group 7:00-8:30pm				www.DBTCenterofNJ.com 609-538-9300

Adult DBT Skills Training Group: This group teaches ages 18 or older all skills modules plus dialectical thinking and self-compassion skills. **Young Adult DBT Skills Training Group:** This group teaches ages 18-27 all skills modules plus dialectical thinking and self-compassion skills. **Adolescent DBT Skills Training Group:** This group teaches ages 13-18 all skills modules plus Walking the Middle Path, a new module created specifically to address issues between parents and teens. **Parent DBT Skills Training Group:** A 16-week cycle teaching one or both parents all skills modules to use for themselves and to support skill use for their children, plus Walking the Middle Path, a new module created specifically to address issues between parents and teens. **Multi-Family DBT Skills Training Group:** A 16-week cycle teaching one or both parents and their child all skills modules to use for themselves and to support skill use for their children, plus Walking the Middle Path, a new module created specifically to address issues between parents and teens. **DBT Skills Training Group for Problem Eating Behaviors:** A 16-week cycle teaching all skills modules plus mindful eating practices and behavioral analysis to decrease patterns of mindless eating, binge eating, and restriction of food. **DBT Skills Training Group for Substance Abuse:** This group teaches all skills modules plus dialectical abstinence and self-compassion skills. **Graduate DBT Skills Training Group:** A 16-week cycle for people who have completed skills training. Group members will take an active role in teaching and supporting each other to build mastery. **Team Consultation Team Meeting:** DBT requires that all team members meet weekly to assist, support and continuously educate each other while maintaining DBT adherence.

*** Groups Scheduled to Begin Fall 2008** – **DBT Skills Training Group for Couples:** A 10-week cycle that teaches couples DBT skills as they relate to conflicts between partners. Required reading "The High Conflict Couple". **Intellectual Disabilities DBT Skills Training Group:** Ages 18 or older are taught all skills modules at a pace that is conducive to their learning needs. **Children's DBT Skills Training Group:** A 16-week cycle teaching emotional vulnerable children ages 3-7 and ages 8-12 all skills modules at an age appropriate level. Parent group runs simultaneously. **Princeton Theological Seminary Group:** A 10-week cycle teaching students that are entering the field of counseling all the DBT skills modules.

Please note that groups offered and days/times are subject to change based on scheduling needs.

June 2008