



Boston Child Study Center

Expert Mental Health Treatment, Training & Research

VIRTUAL DBT SKILLS INTENSIVE

sign up by July 15, 2022

Dates:

July 25, 27, 29,
Aug 1, 3, 5, 8,
10, 12, 15, 17,
19

Ages:

16+

Cost:

\$1560

(insurance may
partially reimburse)

This summer BCSC is pleased to offer a Dialectical Behavior Therapy (DBT) skills training intensive. The program will be delivered in 1-hour virtual sessions (1PM-2PM Eastern Time), three days per week (Monday, Wednesday, & Friday) over the course of four weeks for a total of 12 sessions.

This is an accelerated DBT curriculum for adolescents and young adults who are looking for a time-limited program to boost mindfulness, distress tolerance, emotion regulation, and interpersonal skills. While an individual therapist is not a requirement to participate, one is strongly recommended for ongoing skills integration.

Please contact us to schedule a brief informational call to see if you/ your child is an appropriate fit: info@bostonchildstudycenter.com