

# Boston Child Study Center

B O S T O N

Expert Mental Health Treatment, Training & Research

# BCSC

Registration deadline: May 15, 2023

## MASTERING EMOTIONS SUMMER INTENSIVE CAMP

### About The Program:

#### What is it?

Our summer intensive camp program gives 13 - 18 year olds who experience difficulties with emotion regulation the opportunity to engage in **Dialectical Behavioral Therapy (DBT)** and **Cognitive Behavior Therapy (CBT)** skills training in a collaborative environment. Each day will include: (1) therapeutic groups each morning structured around identifying, understanding, and managing emotions, and (2) **values-based exposure activities** in the afternoon, allowing participants to practice and gain proficiency of their skills while enjoying fun summer camp activities that every student should have access to. We also offer **individualized exposure coaching** for difficulties associated with anxiety and low mood.

#### How does it work?

The program is based on the Values-Based Exposure (VBE) protocol, a transdiagnostic intervention to address anxiety, depression, mood, and emotional problems. As an integration of the most effective evidence-based treatments for emotion dysregulation, the program focuses on decreasing anxiety, depression, and shame to improve mood, self-esteem, and social connections. Participants will complete baseline measures to compare with mid-program measures and post-program measures to demonstrate progress on an individual level.

### A Typical Day:

Please note: We will follow the most up-to-date COVID-19 protocols per Boston Child Study Center policy.

**9:00 - 10:00 am**

Group: Identifying Thoughts & Emotions

**10:00 - 11:00 am**

Group: Understanding Thoughts & Emotions

**10:00 - 11:00 am**

Group: Managing Thoughts & Emotions (including exposure planning)

**12:00-1:00 pm**  
Lunch

**1:00 - 3:00/4:00 pm**

Behavioral Activation & Exposure Activities Throughout Boston

#### Curriculum includes skills for:

Mindfulness practice, distress tolerance, emotion identification & regulation, interpersonal effectiveness

#### Past activities included:

Fenway Park, New England Aquarium, Laser Quest, The Paint Bar, Escape The Room

### Requirements:

- Initial 30-minute consultation (free)
- Current outpatient therapist
- Willingness and ability to attend full two-week program
- COVID-19 vaccination & booster

### Fees:

\$650/day  
+\$500 Activity/Food Expense Account

Includes 3 intensive skills training groups per day + afternoon exposure activities with individual exposure coaching

### Contact:

For additional information, please contact us:

✉ [CAMP@bostonchildstudycenter.com](mailto:CAMP@bostonchildstudycenter.com)

☎ (857) 400-9211

### Dates:

Monday, July 24 - Friday, August 4

Weekdays 9am-3pm  
(Some days may end ~4pm)



Ages 13 - 18

### Location:

Boston Child Study Center

729 Boylston St, 5th Floor, Boston, MA 02116