

Dialectical Behavioral Therapy (DBT)

Building a Life Worth Living

Oregon City DBT, LLC

Mimi Cogswell, LPC, PC



UPCOMING GROUP PROGRAMS

14 WEEK CONDENSED GROUP

Teen & Parent DBT Group Program

Offered In Person in West Linn, OR

Monday, April 25 — September 5, 2022

6:30pm to 8:00pm

(no sessions during Summer Break- 6/20 through 7/20)

Ages 12-18

Format: Parent(s) and teen attend together

14 WEEK CONDENSED GROUP

Adults Only: Emotion Regulation, Distress Tolerance, and Mindfulness

Offered as Virtual Group

Next openings for group start

Thursday, April 28, 2022, 6:30pm to 8:00pm

(no sessions during Summer Break- 6/20 through 7/20)

For All Groups: Requirements for Participation

1. Intake with group leader before group start date (please schedule ahead)
2. Group members must have access to individual therapist and provide release of information prior to start of group.
3. Must commit to full program and understanding you are financially obligated/ credit card will be charged if not in attendance
4. Must reside in Oregon or Washington

Members can excuse themselves from up to 2 groups with 24 hours notice without penalty, please see cancellation policies for details.

TO ENROLL:

Visit www.OregonCityDBT.com or contact Mimi by phone: 503-740-5742

or email: Mimi.Cogswell@gmail.com