

# Dialectical Behavioral Therapy (DBT)

*Building a Life Worth Living*

Oregon City DBT, LLC

Mimi Cogswell, LPC, C-DBT



## UPCOMING GROUP PROGRAMS

### 14 WEEK CONDENSED GROUP

**Ages 18+ Zoom only group:**

**Emotion Regulation, Distress Tolerance, and Mindfulness**

**ZOOM ONLY: Next openings for group start Thursday, Oct. 27, 2022, 6:30pm to 8:00pm**

### 14 WEEK CONDENSED GROUP

**Offered In Person Only in Oregon City, OR:**

**Teen & Parent DBT Group Program**

**IN PERSON: Monday, Nov. 7, 2022— Feb. 6, 2023  
6:30pm to 8:00pm**

**Ages 13-18**

**Format: Parent(s) and teen attend together**

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### 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](http://www.OregonCityDBT.com)

or contact Mimi by phone: 503-740-5742

or email: [Mimi.Cogswell@gmail.com](mailto:Mimi.Cogswell@gmail.com)