

SAGEMIND PSYCHOLOGY

DBT SPRING BREAK INTENSIVE

1 Week DBT Program for Children &
Adolescents to enhance their
social-emotional growth

**STUDENTS WILL LEARN
MINDFULNESS, DISTRESS TOLERANCE,
INTERPERSONAL EFFECTIVENESS, AND
EMOTION REGULATION SKILLS**

For More information contact
rkason@sagemindpsychology.com

DBT SPRING BREAK INTENSIVE INFO SHEET

All four DBT skills will be taught by our director in an accelerated format that meet the clinical & developmental needs of your child or teen

The intensive can be an adjunct to your child's current treatment or simply a chance for your child to learn social-emotional tools.

We will meet virtually during the week of March 29th. Both morning and afternoon sessions are available

The intensive is offered to children and adolescents ages 8-21 and there are options for both individual & group formats

The fee is \$2,000/week and a superbill will be provided for insurance reimbursement

FOR MORE INFORMATION CONTACT
RKASON@SAGEMINDPSYCHOLOGY.COM