



Adolescent DBT Client Group Therapy Requirements:

- *Attendance at DBT skills group sessions for 1.5 hours per week for approximately 8 months.
- *Attendance at DBT skills group for Parents for 1.5 hours per week for 20 weeks.
- *The DBT skills group, and Parenting skills group are in **addition** to your adolescent's weekly individual therapy sessions.
- *If your insurance requires a copayment for individual therapy sessions, you will also have a copayment for the each group skills session. (We do offer credit card auto payment for your convenience.)

I have been informed of and understand Awake & Aware's DBT group therapy requirements.