



DBT Multi-Family Skills Group

Adolescent Skills Only Group



Tiffany Burtch is a registered psychotherapist in the province of Ontario. She is trained in Dialectical Behaviour Therapy, a treatment developed for individuals with BDP. She brings compassion and understanding to her practice.



Multi-Family Skills Group Weekend Intensive(s)

Adolescent DBT skills groups include both the youth and caregiver(s), because it is most effective as, each person in the household learns together. DBT points out that teens do not have the power to shape their home environment, but because caregivers do, we learn together.

Together we will focus on five modules: Mindfulness; Distress Tolerance; Emotion Regulation; Interpersonal Effectiveness and; Walking the Middle Path.

The group will be delivered in an intensive format and will cover the equivalent of a 15 week group.

Who: Teens (and their families) who struggle with emotion regulation, impulsivity and may experience self-harming or suicidal ideation.

When: July 29 & 30; August 12 & 13; August 26 & 27

Where: 5420 Hwy #6 Guelph, ON

Time: 10AM to 4PM

Visit: tiffanythetherapist.ca to register online

Investment: \$975/family

Email: tiffany@tiffanythetherapist.ca

226-820-4243