



Elisabeth Rehn, LICSW

BUILD THE LIFE THAT YOU WANT



EMOTION REGULATORS

Making a difference through
Dialectical Behavioral Therapy (DBT)

VIRTUAL 90 MINUTES, ONCE WEEKLY DBT SKILLS TRAINING GROUPS

Accepting new group members every week!

I encourage group members to remain with their current individual therapists throughout treatment. It is a requirement for group members to be seeing their individual provider weekly.

Emotion Regulators provides 90 minute Virtual DBT skills training groups. The groups meet virtually via Zoom platform once per week and are separated into different demographics.

The fee is \$60 per group. There is a reduced rate available for \$30 per group for those experiencing financial hardship. The groups are prepaid monthly and credit/debit cards are accepted through the client portal. The commitment is for one month and individuals may choose not to sign up for another month at the end of every cluster.

Available groups:

- Women and non-binary persons ages 18 and up
- Gender inclusive ages 18 and up

I am not taking insurance, however I will provide a receipt that may be submitted to insurance for potential reimbursement. Individuals are encouraged to contact their insurance company for more information on what to expect with potential reimbursement. I am an out-of-network provider.

After initial contact, you may schedule an optional free 15 minute consultation where we can discuss a potential group member's needs. I will also provide a free 15 minute consultation with the individual where I will provide additional information about the group and answer any additional questions.

Looking forward to collaborating with you for the best possible care for our mutual clients!
Please direct interested parties to my website where they may complete a contact form and provide their full name, email, and phone number.