
Coping Skills Group For Adults



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Do you struggle with identifying, naming and/or knowing how to cope with your emotions? Have you become distressed or felt emotionally out of control and/or struggled with being able to communicate with significant people in your life? If any of this sounds familiar, you may be interested in participating in the once-a-week Coping Skills Group for adults 18 and older.

This group will focus on core Dialectical Behavioral Therapy (DBT) What & How skills. Participants will also learn different ways to practice mindfulness, manage personal distress, regulate emotions, and develop interpersonal effectiveness skills.

Meetings:

Every Wednesday - Virtual

Time:

1:00 pm to 2:00 pm

Expectations:

- Attend consistently and participate in group discussion.
- Be able to join via telehealth in a private, confidential setting.
- Complete readings and exercises outside of class each week.
- Practice using skills and exercises outside of class each week.
- Follow group rules.
- The binder with all of the handouts for the group will be provided at no additional cost to group participants.
- The information will be presented with an educational format.

Referral Process.

Complete the External Referral form on the Website. Once we have enough people referred, we will schedule you for a short screening to provide background information and determine if the group would be a good fit. If you are a good fit, you will be required to complete new client paperwork, and be scheduled for a session to complete an intake and a treatment plan.

****Current Pauquette Clients, speak to their Pauquette Provider. ****