Dialectical Skills Teletherapy Group

The REDI Program

Regulating Emotions, Distress, & Interpersonal Relationships

Tuesdays 6-8pm
Beginning 03/15/22
16-Week Program



Learn how to...

Regulate Emotions

* * *

Tolerate Distress & Crisis Situations

* * *

Improve Interpersonal Communication

* * *

Practice Mindfulness

* * *

Effectively Live a Life Worth Living



CAPITAL INSTITUTE FOR COGNITIVE THERAPY

For more questions or to schedule an intake:

Call Dr. Hyejin Jin at (202) 234-0903 ext. 24

~ or ~

Email Laura Taouk at ltaouk@cognitivetherapydc.com

CAPITAL INSTITUTE FOR COGNITIVE THERAPY

Dialectical Skills Teletherapy Group

THE R.E.D.I. PROGRAM

Regulating Emotions, Distress, & Interpersonal Relationships

The REDI Program is a skills-based, didactic teletherapy group designed to help those whose wellbeing and relationships may be suffering as a result of difficulties regulating their emotions and behaviors. The goal of this group is to help individuals in their journey to improve control over their emotions and mind, gain agency in their world, and lead a life worth living.

The material covered in the REDI Program is based on an effective, research-based therapy called Dialectical Behavior Therapy* (DBT). This group will cover skills from a variety of domains, including mindfulness, tolerating distress, regulating emotions, and effectively navigating interpersonal relationships.

Individuals both with or without prior DBT experience are welcome. Interested parties who are already working with an individual therapist may attend The REDI Program as an adjunct to their ongoing therapy.

*This program is **not** a comprehensive DBT program. If you are interested in receiving comprehensive DBT, please contact our group leaders and we will be happy to provide you with referral information.

Tuesdays from 6-8pm starting March 15, 2022

16-Week Program

\$100 per Session

Hosted on a Secure, HIPAA-Compliant Telehealth Platform

Group Leaders: Hyejin Jin, PhD Laura Taouk, M.A

For questions or to schedule a 50-minute intake to determine your eligibility for the group, please contact

Dr. Hyejin Jin at (202) 234-0903 ext. 24

~ or ~

Laura Taouk at ltaouk@cognitivetherapydc.com