

*Dialectical Skills  
Teletherapy Group*

**The REDI Program**

*Regulating Emotions, Distress,  
& Interpersonal Relationships*

Tuesdays 6-8pm

Beginning 09/27/22

16-Week Program



*Learn how to...*

Regulate Emotions

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Tolerate Distress  
& Crisis Situations

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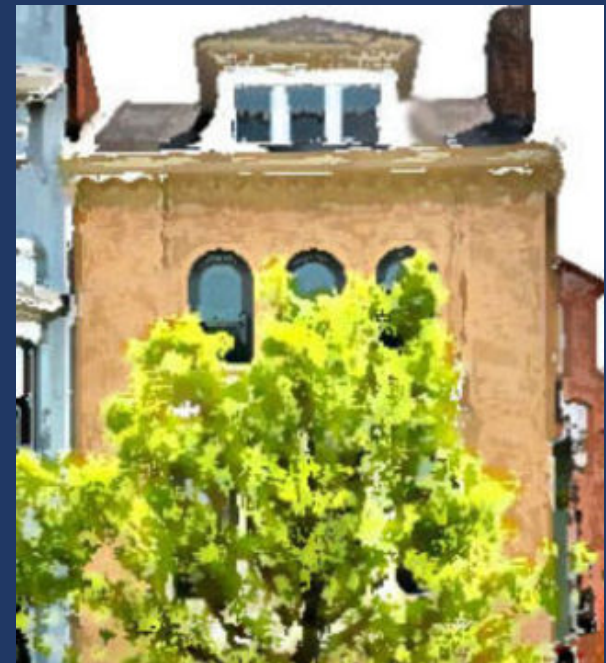
Improve Interpersonal  
Communication

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Practice Mindfulness

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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](mailto: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 September 27,  
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