



The REDI Program

Dialectical Skills
Teletherapy Group

Start Date: September 2023

When: Tuesdays

Length: 16 weeks

Time: 6pm-8pm

Ages: 18+

**For more information, or to
schedule an intake, contact:**

Hyejin Jin, Ph.D.

202-234-0903 ext. 24

-or-

Sarah Grace Uhouse, Ph.D.

sguhouse@cognitivetherapydc.com

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.

16-Week Program

\$100 per session

Hosted on a Secure, HIPAA-Compliant Telehealth Platform

Group Leaders:

Hyejin Jin, Ph.D. and Sarah Grace Uhouse, Ph.D.