Forward Together

DBT Therapy Group

This group is available for current Pine Rest clients who have completed a Dialectical Skills Group or comprehensive Dialectical Behavior Therapy (DBT) program but are looking for ongoing support in consolidating and generalizing their skills.

'Forward Together' runs for 12-weeks at time and is an ideal next step for clients who have benefited from structured DBT and want to continue to build on that foundation, practice integration, deepen reflection, maintain behavioral change to prevent relapse, and stay anchored to values in their daily lives.

Key features of the group:

- Participant-led group that emphasizes present-moment experiences, interpersonal feedback and mutual support.
- Emphasis on real-life application of DBT principles in service of building meaningful lives, not just managing symptoms.
- Members will have the opportunity to connect with like-minded peers invested in growth, resilience, and living intentionally.

Interested participants must talk to their therapist, as a referral is mandatory, followed by an orientation/assessment. Visit **pinerest.org/forward-together** to learn more.

When

For exact dates and times,
visit **pinerest.org/forward-together**

Location

Virtual only.

Payment

Most insurance accepted.
Discounted self-pay rate.
Ask if you qualify for financial assistance.

Registration

Referral from a Pine Rest therapist and orientation are required.
For more information, call our Caledonia Clinic at **616.891.8770**.

PINE REST Christian Mental Health Services

pinerest.org/forward-together