

YOUNG ADULT DBT GROUP

ZOE GILLISPIE PHD

LICENSED PSYCHOLOGIST

PSY 22404

(650) 391- 8701

165 ARCH STREET

REDWOOD CITY, CA. 94062

WWW.ZOEGILLISPIEPHD.COM

ZOEGILLISPIEPHD@GMAIL.COM

A SUPPORT GROUP FOR YOUNG ADULTS TO ADDRESS
RELATIONSHIP CHALLENGES, IDENTITY CONCERNS AND/OR SCHOOL
PROBLEMS

GROUPS HELP TEENS TO BUILD CONFIDENCE WHILE REDUCING DEPRESSION,
ANXIETY AND ADDING PROSPECTIVE TO THEIR OWN PROBLEMS.

YOUNG ADULT DBT GROUP SESSIONS INCORPORATE CBT, DPT, AND
MINDFULNESS
SKILLS FOR BUILDING CONFIDENCE, SOCIAL SKILLS, AND EMOTIONAL
REGULATION

TEENS CAN SHARE, LEARN, AND RECEIVE SUPPORT FROM EACH OTHER
WHILE

PRACTICING NEW TOOLS TO ADDRESS LIFE'S CHALLENGES