

Thrive

Psychological Skills Group for Adolescents

What?

Thank you for your interest in our **Thrive** group. This group meets for 20 weeks and is designed to provide adolescents and their parents with psychological skills to effectively manage depression, stress and anxiety, mood dysregulation, confusion about self, and interpersonal relationships. The group follows the curriculum developed for Dialectical Behavior Therapy (DBT) but is **not DBT** in that it does not include the other components of this evidence-based treatment.

Who is this group for?

The **Thrive** group is developed for adolescents in middle school and high school who are not engaging in self-harm or experiencing suicidal thoughts. Adolescents who are experiencing these high-risk symptoms should seek comprehensive DBT instead.

When is the group?

The Thrive group meets every Tuesday from 6:00 to 7:30 PM for adolescents. There is a parent group every five weeks to review the information being taught in the adolescent group so that parents can support the use of skills at home. This is an ongoing group and new members may join every five weeks. The material is covered in 20 weeks.

How does the group work?

Every week adolescents are taught a number of psychological skills focusing on the following:

- Increasing awareness and focus
- Improving emotional regulation
- Decreasing impulsivity
- Improving interpersonal relationships
- Improving teenager and family problems

30-35 evidence-based psychological skills are covered in 20 weeks. The group experience is a mixture of lecture, discussion, video, role-play, and experiential learning. Practice exercises are assigned every week and reviewed in the following meeting.

Can any adolescent join the group?

We will arrange an intake and orientation meeting prior to joining the group. The only requirements are that the adolescent be willing, be in regular individual therapy here or elsewhere, and not be engaging in self-harming behavior or experiencing suicidal ideation.

What is the fee?

The fee for the group is \$4,440, paid in 4 installments of \$1,100. This is an insurance reimbursable service (CPT code 90853, \$185/session). Insurance policies differ, please check your plan to see how much of the fee is covered.

How do we get started?

Follow up directly with the group facilitator to establish an intake and orientation meeting:

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