



**DBT Skills Group Led by  
Amara Brook, PhD, ABPP**

## **Neurodiversity-Affirming DBT Skills Group Tailored to the Needs of Autistic Clients**

This group is geared to Autistic (including self-identified) adults (18+) in CA, NV, CO, and FL who want to learn DBT skills to help pursue their goals

### **Virtual Group via HIPAA-compliant Zoom Starting March 6, 2024**

Wednesdays

5-7pm Pacific / 6-8pm Mountain / 8-10pm Eastern

Participants expected to acquire Linehan - DBT Skills Training  
Handouts and Worksheets, Second Edition

#### **Time Commitment**

- Individual Intake Appointment
- 24 group meetings

#### **DBT Group Costs**

- Private Pay Cost: Intake \$300 + 24 group sessions at \$100 each
- Lyra can be used for group

**INQUIRE  
ONLINE**



[info@flowps.com](mailto:info@flowps.com) | Subject: "AuDBT"



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