



AlignED CareTM


Eating Disorder & Mental Health Center

TRANSITIONAL AFTERCARE PROGRAM & OUTPATIENT GROUP

Dialectical Behavioral Therapy (DBT) Skills & Process Group

For Adults 18+

 **WEDNESDAYS**
5:00 - 6:00 pm

 **VIRTUALLY VIA ZOOM**
*Adults 18+ located in
California*

 **\$50/GROUP**

Join our Dialectical Behavior Therapy (DBT) Skills and Process Group, designed to help you integrate DBT techniques into real-life situations. Each session focuses on teaching a new skill from the Emotion Regulation or Distress Tolerance modules, providing practical strategies to manage intense emotions and navigate challenges effectively. After learning a new skill, we create space for processing, where you can explore and discuss how DBT skills from any module, including Interpersonal Effectiveness and Mindfulness, apply to your personal challenges. This group fosters a supportive environment to deepen your understanding, share experiences, and strengthen your ability to use DBT skills confidently.

Facilitated by:

Heather Johnson (she/her), Registered AMFT #149419

Heather Johnson is an Associate Marriage and Family Therapist with a deep interest in human behavior and our capacity to accept and change the behaviors that impact us most. With extensive training in Dialectical Behavior Therapy (DBT), Heather's therapeutic work begins with grounding clients in a greater understanding of how the interaction of biological and social factors, including attachment and trauma, have influenced their ability to fulfill their life goals. Through creative collaboration, clients then learn to identify their priorities for the present and future and to address the specific behaviors blocking their paths. Gradually, clients develop and practice the skills they need to create the lives they want. Heather has experience treating personality disorders, depression, anxiety and eating disorders, which she approaches through the concepts of Intuitive Eating and Health At Every Size. Heather's educational background includes a B.S. in Communication from the University of Texas at Austin and an M.A. in Clinical Psychology from Antioch University, Los Angeles. Before becoming a therapist, she forged her passion for creative collaboration through many years of work in the entertainment industry.



Supervised by Robyn Caruso (she/her), LMFT #80168, CEDS-C #4246



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