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### Inquiry for DBT Group for Adolescent Girls

**Purpose:** Help adolescent girls develop healthy approaches to dealing with strong emotions and combat self-destructive ways of coping (e.g., suicidal behavior, self-harm, substance use, disordered eating, etc.).

**Group Info:** Mondays from 7pm-8pm at Crestview Hills office (2865 Chancellor Dr. Suite 100)

**Dates:** 8 weeks – Starting in September (needs to be at all sessions unless arranged in advance)

**Cost:** \$240 (paid up front, needed to reserve space); space is limited to 7-10 participants

**Facilitator:** Chelsea Esmeier, MA

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Child Name: \_\_\_\_\_ Date: \_\_\_\_\_

Child age (between 13-17; if not, must get prior approval of Chelsea Esmeier): \_\_\_\_\_

Is the child already a VPS client (current or past)? No Yes; therapist: \_\_\_\_\_

Parent/Contact Name: \_\_\_\_\_

Parent/Contact Phone Number: \_\_\_\_\_

Parent/Contact Email: \_\_\_\_\_

How did you hear about the group? \_\_\_\_\_

Other information that we should know? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Staff:** Please give the above basic information about the group, get the contact information and let the parent know that Chelsea Esmeier will be in touch with them within the next few days to pre-screen to ensure the group is a good fit for their child’s needs.

*\*when complete, please forward to Chelsea Esmeier, who will contact them.*