



AMPERSAND

counseling & consultation

SKILLS GROUPS FAQ

What is this group? Ampersand's DBT skills groups focus on skills in each of the modules from dialectical-behavioral therapy (mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance) through activity, group practice, and discussion. You'll learn more about what DBT is when you speak with Gabrielle and/or Chelsea. No prior experience with DBT is needed!

When and where is the group? Adolescent group meets on Saturday mornings from 9-10:30. All meetings take place via Zoom.

How many youth are in each group? We aim to have 6-12 youth per group.

Who leads the groups? Chelsea Walsh and Gabrielle Arias. Chelsea is a licensed independent clinical social worker with extensive experience working with adolescents and their families and teaching DBT skills. Gabrielle is a licensed mental health counselor who has been teaching DBT skills and working with LGBTQ+ teens and adults throughout her career.

What is the structure of the group? Each week we focus on skills from one of the four modules of DBT (mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance). We have one week of introductory concepts and spend two weeks on emotion regulation. This is a psychoeducational group and not a process oriented group, so if you are concerned about what other youth may share in the group please know that there are limited opportunities for youth to openly discuss their personal challenges or concerning behaviors. Gabrielle and Chelsea also have years of experience managing groups, setting expectations, managing boundaries, and redirecting conversations.

What is the attendance policy? Given that our group is only six weeks, we expect enrollees to be able to attend all groups. If it is necessary to miss a group, we ask that you follow our cancellation policy: if you cancel more than 24 hours in advance, you will not be charged. If you cancel less than 24 hours in advance or do not show up to the group, you will be charged

the full group fee. If you miss a group, you can opt to do a 30 minute make-up session to cover the information from that group for \$50. This option is only available for up to two groups per cycle.

How do I pay for group? Unfortunately, Ampersand Counseling & Consultation does not accept insurance and all costs are out of pocket. We do provide receipts and/or superbills if you hope to seek insurance reimbursement. Please note that many insurance companies do not cover skills groups. Each group cycle costs \$600, which includes a \$150 intake fee as well as six group sessions at \$75 each. Youth and families also receive group materials to keep and consultation with current treaters is included. Payments are made through our secure Client Portal. All clients must have a credit card entered into the Client Portal before the first group session, and will be charged automatically after each session.

What other services does Ampersand offer? Ampersand can offer individual and family counseling, as well as DBT-centered family sessions, and consultation (particularly around DBT skills, LGBTQ+ issues, and the intersection of mental health and special education). Our individual rates are \$120-150/hour and family rates are \$150-175/hour. Ampersand also offers SPACE treatment for parents who have a child experiencing anxiety. If you have questions about any service Ampersand offers, just ask!

How do I move forward? If you have any further questions, want to schedule an intake appointment, or want to learn more about how Ampersand can support you and your family, email us at info@ampersandcounselingma.com and we will get back to you as soon as possible.