

711 Court A
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Olympic Psychology Services

Wellness Groups, Classes, Seminars, and Workshops



Dungeons and Dialogues

Learn to improve social skills and better navigate social situations.

Grab your swords and get ready to have an adventure! This group is geared towards improving social skills, engaging in social interactions, and addressing social anxiety through the game of Dungeons and Dragons. The game is inherently social, and this group is designed to facilitate positive social engagement in a fun and natural way. Time will also be provided for the group to debrief and discuss each gaming session. This group is open to new and experienced D&D players.

Participants have a one-on-one initial meeting with the therapist, then the group is scheduled for 120-minute weekly sessions over a 13-week period.

Details:

Meeting days:	Tuesday
Location:	Olympic Psychology Services, 711 Court A, Tacoma, WA
Group size:	6 maximum
Led by:	Dr. Chris Engelmann, Certified Therapeutic GM
Cost:	\$850 for 13 weeks, including an initial one-on-one session with the group facilitator (health insurance will not cover any of these sessions)

**To register or
ask questions:**

Email Dr. Engelmann here: chris@olypsych.com