



Adult Groups

Now Enrolling for in person group!

Social Group

This group is designed to increase comfort level in social situations. Adult participants learn & practice new skills each week. Included are how to start, maintain, & end conversations. Also, how to keep a conversation going. What is a healthy vs unhealthy communication. In addition, focus on self-awareness & feeling empowered in relationships.

Social and Emotional Regulation Group

Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT) are used to build a foundational understanding of how thoughts combined with emotions impact social behaviors.

Participants increase their emotional tolerance by practicing effective communication and use of stress tolerance tools with each other. The group works to provide a safe place where participants are encouraged to tolerate and cope through emotions.

Enhance Executive Function & Improve Emotion Regulation

We examine types of executive function such as planning, cognitive flexibility, & self monitoring. Also, Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT) are used to build a foundational understanding of how thoughts combined with emotions impact social behaviors. Group members work together to provide a safe place to practice new executive function and coping techniques.

Contact Dr. Nicole LaRocco today

therapyforfamily@gmail.com

therapyforfamily.com

1-630-570-0525 Call or Text

Hinsdale, IL

Cost: \$70 / 60-minute group. Self-Pay.

Superbill provided or Out of Network submitted to

BCBS, UHC, Aetna, or Cigna.

Sliding scale available.



Adult Groups

VIRTUAL groups NOW ENROLLING for clients in CO, IA, IL, & IN.

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