

Jennifer is skilled in treating a wide range of difficulties including; depression, anxiety, self-injury, and substance abuse. She has worked with children, adolescents, and adults in individual, group, and family settings. Her creativity and genuine nature helps her clients through the therapeutic process in a goal oriented yet compassionate manner.

Areas of Specialization and Experience Include:

- Dialectical Behavior Therapy (DBT)
- Mindfulness
- Emotional Dysregulation in Children and Adolescents
- Self-Injurious Behaviors
- Substance Abuse and Dependency



Pathways Psychology Services is a multi-specialty practice offering a wide range of mental health and substance abuse services:

- Psychological Testing
- Social Skills Groups
- Adolescent/Young Adult Female Groups
- Activity Counseling Social Skills Groups for Boys
- Individual and family counseling for children, adolescents, and adults

Winfield Office:

28W671 Garys Mill Road
Winfield, IL 60190

Aurora/Naperville Office:

4255 Westbrook Drive, Unit 206
Aurora, IL 60504

Main: (630) 293-9860 Fax: (630) 293-9861

www.pathways-psychology.com

ADULT
DBT

SKILLS GROUP:
*Group Treatment Support for
Adults Coping with Anxiety,
Mood Disorder, or Borderline
Personality Traits*



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Dialectical Behavior Therapy (DBT) is a practical and direct form of therapy, with an emphasis on helping clients create the life they want to live. This group validates how difficult it is to have conflicting and intense emotions and simultaneously supports the need to replace rigid thinking and learn new skills. Clients will be taught to tolerate distress, regulate their emotions, skillfully use mindfulness, and maintain effective relationships with others.

Group goals include:

- Improve ability to tolerate and regulate difficult emotions.
- Decrease the frequency of self-destructive behaviors.
- Increase motivation to change by emphasizing client strengths.
- Teach and reinforce new coping skills that can be utilized outside the therapeutic setting.

Ages:

Adults 18+

Referral Process:

Many insurance providers will reimburse for the groups. Pathways Psychology Services also provides sliding scale fee rates.

Contact:

Jennifer Weber at (630) 293-9860 or jweber@pathways-psychology.com



**Jennifer Weber, LCSW, CADC, DBTC
Therapist and Group Leader**

Jennifer Weber is a Licensed Clinical Social Worker (LCSW) and Certified Alcohol and Drug Counselor (CADC) with a wealth of experience working in inpatient and outpatient settings. In addition, she holds a specialized certification in Dialectical Behavior Therapy (DBTC). Jennifer received her Masters in Social Work from Aurora University.

Jennifer has conducted DBT groups with adult populations and dual diagnosis substance abuse populations. She is an experienced clinician working with children, adolescents, and adults. In addition to her specialty in Dialectical Behavior Therapy, she utilizes many therapeutic approaches including Cognitive Behavior Therapy, Motivational Interviewing, as well as informed art and play therapy.