



Long Island Cognitive Wellness Counseling Services, LCSW, P.C.

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Dear DBT Participant,

Participation in a Dialectical Behavior Therapy Program is a commitment. Please remember that the DBT Skills Training Group is an essential part of this specialized treatment. The participants of this Program are expected to attend their Individual Therapy Session as well as the DBT Skills Training Group on a regular weekly basis.

Upon entering into our DBT Program, all participants were asked to read and sign our Practice's DBT Attendance and Participation Policy. One of the items listed in the policy stated that all clients are required to discuss any schedule changes with their individual therapist and/or skills trainer(s) 24 hours prior to scheduled appointments.

Effective as of December 1, 2016, this attendance policy will be strictly enforced and the following office policies will be in full effect.

1. Cancellations with less than 24 hour notice will result in a \$50.00 late cancellation fee.
2. Failure to notify your Skills Group Leader of your inability to attend your Skills Group Session will result in an \$85.00 no-show fee.

Your regular and consistent attendance at all scheduled sessions will show that you are committed to the program and will enable your clinicians to provide you with the best possible treatment. We thank you in advance for your cooperation.

Regards,