



Sentier to Hold One-Time DBT Workshops for Teens and Adults

June 03, 2026

ST. PAUL, MN - June 03, 2026 - PRESSADVANTAGE -

Sentier Psychotherapy has scheduled a series of one-time Dialectical Behavior Therapy (DBT) skills workshops for teens and young adults, with sessions running from July 2026 through January 2027 at its St. Paul clinic. The standalone, psychoeducational sessions are designed for two separate age groups: students in 8th through 12th grade and young adults ages 18 to 25.

Each workshop runs for two hours and introduces participants to the core concepts of DBT, a structured approach that focuses on managing emotions, tolerating distress, and navigating stressful situations that arise in everyday life. The teen workshops are scheduled for Monday, July 20, 2026; Monday, September 28, 2026; and Monday, December 14, 2026, each from 4:00 to 6:00 p.m. The young adult workshops will be held Tuesday, July 21, 2026, and Tuesday, January 11, 2027, also from 4:00 to 6:00 p.m. Sentier has indicated that a separate DBT Skills workshop for men is being planned, with dates to be announced.

The sessions are held in a group setting that gives participants in similar life stages an opportunity to build

peer connections while learning concrete skills to use during periods of distress or overwhelm. Rather than serving as ongoing treatment, each workshop functions as a single introductory experience. Sentier notes that a one-time workshop can be a useful first step for individuals who are considering whether to enroll in an ongoing DBT group. Tana Welter, MSW, LICSW runs the teen and young adult workshops and expresses that she is "excited to be offering these one time DBT workshops for both teens and Young Adults! These workshops make it easier for individual individuals to access the DBT skills without a long-term commitment. The workshops are engaging, fun and practical!?"

"A one-time workshop gives teens and young adults a low-pressure way to learn what DBT actually involves before committing to a longer group," said Sarah Souder Johnson, Education Manager at Sentier Psychotherapy. "Our goal is to send participants home with a few practical skills they can use right away, and a clearer sense of whether continued DBT work is right for them."

The workshops are part of Sentier Psychotherapy's broader slate of group programming, which includes offerings for children, teens, adults, and families. Dialectical Behavior Therapy was originally developed to help people build skills in areas such as mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. The workshop format condenses an introduction to these ideas into a single session, which can be of interest to families and individuals who want to understand the approach without an extended time commitment.

Each session is held at Sentier's office at 475 Cleveland Avenue North, Suite 103, in the Merriam Park neighborhood of St. Paul, just north of Interstate 94. The fee is \$100 per attendee and includes workshop content, printed materials, and light refreshments. Payment is due in full 72 hours before the session date. Sentier has noted that reduced fees may be available upon request, and prospective participants are encouraged to inquire about payment options.

Registration is handled directly through the clinic. Individuals interested in attending, or in learning more about the workshops, can contact Sarah Souder Johnson by email or complete the information form on the workshop page of the Sentier Psychotherapy website. Because each workshop is a single session with limited capacity, the clinic recommends that interested families and individuals reach out in advance of their preferred date.

Sentier Psychotherapy is a St. Paul, Minnesota counseling practice that provides therapy for children, teens, adults, and families. Its services include individual counseling, group therapy, family therapy, trauma therapy, and specialized support for LGBTQIA+ clients. The practice is located in the Ivy League Place building in St. Paul.

For more information, visit Sentier's website or connect on their socials.

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For more information about Sentier Psychotherapy, contact the company here: Sentier Psychotherapy Megan Sigmon-Olsen 763-913-8261 msigmon@sentiertherapy.com 475 Cleveland Ave N #103 St Paul, MN 55104

Sentier Psychotherapy

Sentier Psychotherapy is an integrative counseling practice that specializes in mental health services including individual therapy, family therapy, group therapy, and couples counseling.

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