

August Newsletter

This Newsletter is to keep you updated with all that has been going on at our Center. We hope you are enjoying your summer!

Upcoming Training for Mental Health Providers: *How Well-Meaning, Empathetic Therapists Can Make Suicidal Clients Worse*

This training, co-hosted by Clearview Treatment Programs, Compass Behavioral Health and DBT Center of Orange County will be held on Friday, August 17th at Maggiano's in Costa Mesa. For more information please email Nora Josephson at njosephson@dbtcenteroc.com



Current Programs at DBT Center of Orange County:



Adult Intensive Outpatient Program:

An 8-Week Program that meets 3-4 times a week for services including: DBT Skills Training Group, Individual DBT Therapy Sessions, Mindful Yoga and Art Therapy.



Adult DBT Skills Training Group:

A 16-Week Program that meets weekly for a 90- minute group that covers the DBT model created by Marsha Linehan that includes the following modules: Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness.



Adolescent DBT Skills Training Group:

A 16-Week Program that meets weekly for a 90- minute group that covers the DBT model based on the curriculum of Dr. Alec Miller and Jill Rathus that combines Dr. Marsha Linehan's skills training manual specifically tailored to address the needs of adolescents.



Individual DBT Therapy:

Is based on Cognitive Behavior Therapy (CBT) and focuses on patient/therapist collaboration to determine what maladaptive behaviors are impeding the patient towards building their Life Worth Living. Sessions are 50 minute sessions and the program includes DBT Phone Coaching.



DBT Coaches in Action Sessions:

This program offers our patients practical tools to improve their daily lives and help them towards Building a Life Worth Living! Using compassionate guidance and support and working within a DBT framework, our case managers offer collaborative coaching depending upon the patient's needs in applying life skills to a variety of situations.



Radically Open DBT Class:

The 30 week class is held on Fridays from 12:30pm-3pm. The RO-DBT model was created by Dr. Thomas Lynch and based on his skills training manual specifically tailored to address maladaptive over-control. Skills will be taught to increase flexibility and improve interpersonal relationships.

Our Blog



Summer Family Activities & Improving Parent-Child Relationships with Validation:

This blog post explains how all relationships need positive interactions. Two ways that positives can be cultivated is through pleasant activities and validation.



Dialectical Behavior Therapy In Action: Using Skills at Disneyland

Disneyland is a magical place, AND (dialectically speaking), Disney trips can be *exhausting*. It's hot, crowded, you walk miles over the course of the day, and expectations are high all around. It's difficult to stay skillful and effective, or even to come up with skills you CAN use in the moment. Read this blog to learn how DBT skills can help!

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See you in Fall!

