



DBT

center of orange county



*December
Newsletter*

A letter from our Executive Director, Dr. Michele Lob

IN GRATITUDE

With the end of 2018 upon us, I want to reflect with GRATITUDE on Connection, Community and Mental Health in this newsletter. This has been a growing year for DBTOC as we continue to expand our clinical services to the community through our 16-week skills groups for adults and adolescents, morning and evening 8-week Intensive Outpatient Programs, and our recent addition of Radically Open (RO) DBT for individual and groups, and psychological testing services.

Dr. Marsha Linehan who developed the treatment model of Dialectical Behavior Therapy (DBT) is a person I am most GRATEFUL for. There is a reason that DBT is the fastest growing evidence-based treatment around today. This is a treatment that saves LIVES and eases SUFFERING and I get to witness this daily. I am GRATEFUL to our patients for their bravery, willingness, and commitment to take steps to reduce their suffering by engaging in DBT. I am GRATEFUL to the amazing clinical team I get to work with for their passion, support, and dedication not only to their patients but to each other, as well as to our efficient and devoted administrative team for their care and compassion in helping others by answering calls, doing intakes, managing a maelstrom of billing and insurance issues. Our entire team is dedicated to the delivery of excellence in patient care. I am GRATEFUL for community support from physicians, psychiatrists, fellow clinicians, treatment providers and programs, and patient referrals, without whom we could not do the work we do. I am GRATEFUL to our Family Connections Leaders who offer a curriculum through NEABPD to teach and support family members on how to manage emotionally dysregulated loved ones, some of whom are diagnosed with Borderline Personality Disorder (BPD). Last but not least, I am GRATEFUL for the guidance of Randy Wolpert, our BTEch Expert Consultant for helping our Center maintain close adherence to the research-based model of DBT.

Latest research reflects that one in four Americans ages 18 and older have a diagnosable mental disorder (NIMH). At DBTOC we are fortunate to serve those who suffer from mood and personality disorders. Self-harm, suicidality, depression, anxiety, eating disorders, substance use, and trauma are some of the behaviors we target in our treatment model. In 2019, we will be starting a Multi-Family Group for adolescents and parent support group, as well as offering the community other specialized workshops. I am excited for the year ahead of us and most importantly to be able to help our patients build, strengthen, and maintain their Life Worth Living goals.

Wishing you a Peaceful, Healthy, and Joyful Holiday Season.

Warmly.

Dr. Michele Lob PsyD., MFT, CEDS

Executive Director

New DBTOC Programs



Multi-Family Group for Adolescents and their Parents begins January 8th, 2019!



Living Powerfully DBT Skills Class on Wednesdays from 1-2:30pm starts January 9th, 2019. This is a wonderful opportunity for adult women to learn DBT Skills!



Our Team's Favorite Ways to Practice Gratitude, Connection, Community & Mental Wellness Throughout the Holiday Season & the Year!



“While I enjoy the holidays I don’t increase my community connection in November and December. Instead, I try to stay connected to my values of giving and sharing throughout the entire year. It’s not unusual for my family to include our friends and acquaintances into our daily lives, we enjoy sharing what we have with others and will also often volunteer as a family. The five of us also like to go to movies, cook together, play games and talk about current events, which includes religion and politics too, (taboo, I know). We also enjoy our pets! The silliness of our furry family members is often the subject of group family texts during the week. And one of us is also known as “The Meme Lord” so there’s no shortage of silliness amongst us either.”

-Cindy Finch, LCSW & The Finch Family

"The holidays can be a stressful time for all. I keep my sanity by refocusing my attention on gratitude and joy whenever possible. I find joy and appreciation in shopping for meaningful gifts for family and friends, wrapping presents, decorating for the holidays, and watching cheesy Hallmark Christmas movies. I try to remember what really counts; like the Grinch says, 'What if Christmas doesn't come from a

store. What if Christmas...perhaps...means a little bit more!' And although the holidays can be extremely busy, I try to spend time with older family members to bring them joy and help out by donating toys and food goods to those in need. I do this through Whole Foods and [Share Our Selves](#). I enjoy helping others self-care over the holidays with our 'Coping with the Holidays Group' held at our center!

Throughout the year I have participated in other great causes including [Walk with Hope](#) and [Red Nose Day!](#)"

-Nora Josephson LPC, RYT

"As a mom of 3, the holidays can be a very busy time, and it's easy to get swept up in stress. I make it a point to focus on connection & gratitude with my friends, family and community, and to truly be in the moment as much as possible. I love to cook and bake for others, and I include my children in these activities. We are also passionate about health and wellness, and involve our friends and community in a fun 12 Days of Fitness Challenge each holiday season where we have our children join us in singing a 12 Days of Fitness Song while doing a fun exercise for each day."

-Renée Rising Sun Peyton, LCSW

"During the holiday season I try to focus more on self care than any other time of year. This includes reflecting on positive moments from the year and finding the joy and gratitude in all that I am doing. I spend more time with family and friends, and also try provide extra support to my clients in need. I believe that spending time and offering support goes much further than any other gifts we can give!"

-Jennifer Plisko, LCSW

"It's no secret that the holidays can be a stressful time for many, including myself. As a first generation American, it can often be a challenging time because my family members live over 6,000 miles away. I increase my connection to the community in order to combat my lack of local family. I enjoy cooking and serving food for the homeless during the month of December with friends who have become like family and I participate in [Toys for Tots](#). I spend extra time at home with my roommates lighting candles, watching movies on our projector, and baking cookies. My roommates and I also have a tradition of throwing a "My Favorite Things" get together. This is when we exchange \$20 worth of our 'Favorite Things' and exchange in White Elephant style swap. I love having this get together because it's an opportunity to share what your favorite thing is with friends."

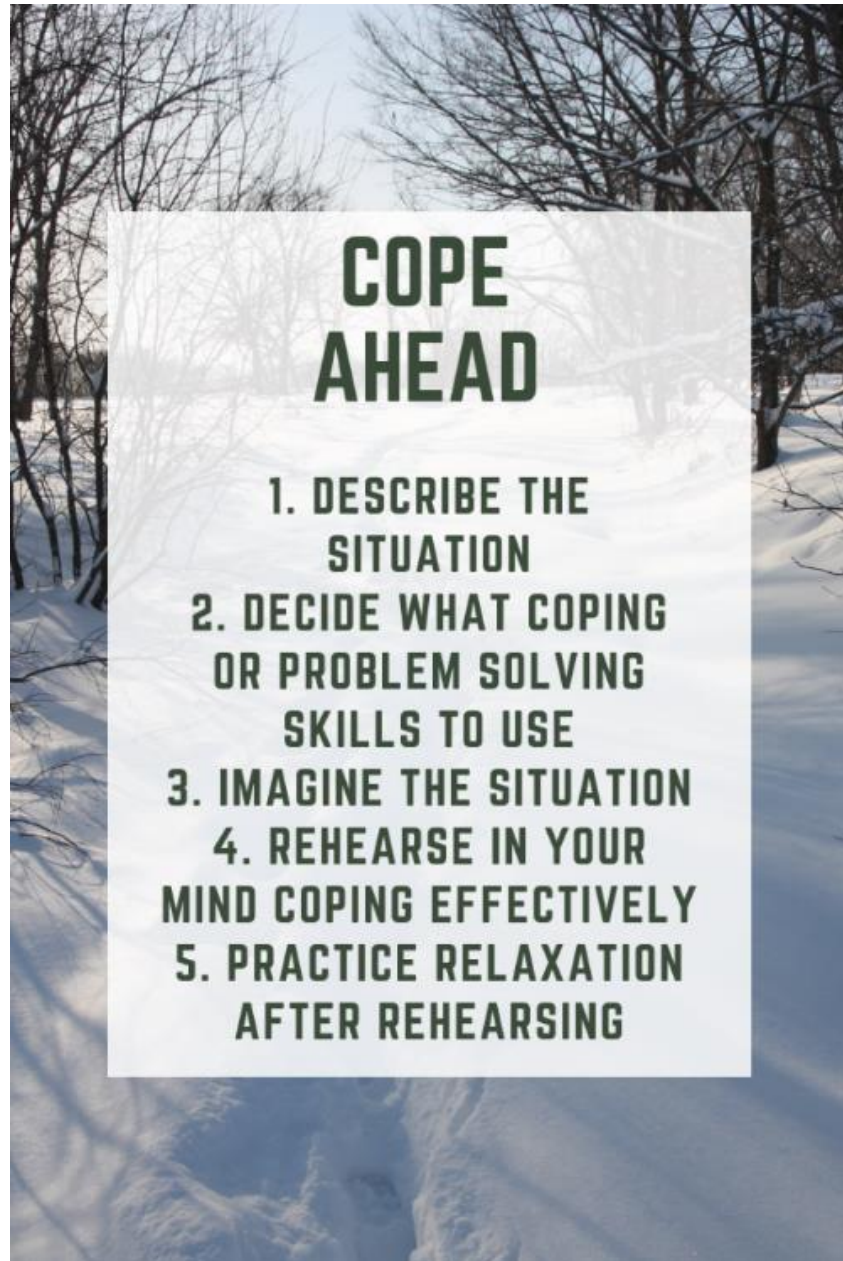
-Catherine E. Mann

"My favorite ways to support my mental health during the holidays: I don't listen to holiday music until after Thanksgiving, otherwise it stresses me out, I try to do my Christmas shopping on "off peak" times and a little at a time so I'm not irritated and stressed, I stay consistent with my workouts and sleep, and stay away from sugary treats until I'm at a Christmas party or home in NY, with family, so that I don't have a lot of sugar highs and lows, and I fully "throw myself" into Christmas once December is here.

I connect with community and contribute during the holidays by going to the CDM Christmas Walk and the Christmas Boat Parade. I love going to William Sonoma for a little peppermint bark and chat with others while on line, attend holiday parties, and definitely do my share of shopping to support the local businesses. I usually buy a bag of groceries from Mother's to donate to a family and my family usually buys something to support St. Jude's children so we feel like we are giving back."

-Nicole Messuri, LMFT, BCBA

DBT Skill of the Month: Cope Ahead



The Cope Ahead skill is especially helpful to prepare for holiday stress! Think of the next interaction with your in-laws, making small talk with family from out of town, or braving the mall a few days before Christmas...this is the skill you need! Use the steps below to practice healthy coping and manage challenging situations with greater ease.

1. Describe the situation that is likely to prompt problem behavior.

- Check the facts. Be specific in describing the situation.
- Name the emotions and actions likely to interfere with using your skills.

2. Decide what coping or problem-solving you want to use in the situation.

- Be specific. Write out in detail how you will cope with the situation and with your emotions and action urges.

3. Imagine the situation in your mind as vividly as possible.

- Imagine yourself IN the situation NOW, not watching the situation.

4. Rehearse in your mind coping effectively.

- Rehearse in our mind exactly what you can do to cope effectively.
- Rehearse your actions, your thoughts, what you say, and how to say it.
- Rehearse coping effectively with new problems that come up.
- Rehearse coping effectively with your most feared catastrophe.

5. Practice relaxation after rehearsing.

Linehan, M. M. (2015). *DBT Skills Training Manual, Second Edition*. New York, NY: The Guilford Press.

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Our Blog



Before it Happens Again: Mass Shootings, Mental Health & Problem-Solving

Learn ways to apply DBT concepts to help problem solve, prevent violence and better understand the world around us.



The Holiday Season

The Holiday Season is upon us – this year it seems to have come far too soon! Preparing for holidays like Thanksgiving, Hanukkah, Christmas, and Kwanzaa are times for celebration, appreciation, and joy. AND the holidays can also be a stressful time for many. Read this blog to learn a few distress tolerance skills to help get you through the holiday season!



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Be thankful for what you
have; you'll end up
having more. If you
concentrate on what you
don't have, you will
never, ever have enough.

— Oprah
#MindfulMonday
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"I am breathing
and moving
through the
holiday season
with ease."

#HolidayIntention
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