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## Awareness: World Mental Health Day

October 10th was World Mental Health Day. World Mental Health Day aims to raise mental health awareness on a global scale and mobilize efforts to improve services.

DBTOC strives to reduce the stigma surrounding mental health. DBT does not assign judgments to our clients; DBT does not believe in polarities of judgments such as "good" or "bad". Instead, we teach effective coping skills to reduce ineffective behaviors and create a Life Worth Living for each of our patients. A patient's history or clinical diagnosis do not determine their value as a person. Individuals who experience mental health challenges are unique, invaluable people with dreams, goals, and hopes to create a better future.



We are now offering DBT-C!

DBT-C is an evidence-based treatment targeting 6-12 year olds who struggle with regulating their emotions and behaviors. Led by our dynamic clinician, Nicole Messuri, LMFT, BCBA, Dialectical Behavior Therapy for children is a cognitive behavioral approach within a dialectical framework. DBT-C teaches DBT skills that have been adapted for a younger population, in order to, teach children to identify triggers and understand their emotions, better control their emotions and behavior, and learn ways to effectively cope with problems. DBT-C consists of individual skills training with children, parent training, and family skills training.

### **DBT-C:**

- Helps parents understand the dialectical dilemmas of parenting

- Helps parents learn the three steps to behavior change and create a change-ready environment
- Introduces parents to behavior modification techniques
- Helps parents troubleshoot parenting challenges
- Helps parents and children gain awareness of vulnerabilities and triggers to problem behaviors
- Teaches parents and children how to problem solve effectively
- Teaches parents and children how to identify and change common thinking traps
- Teaches parents and children to understand emotions and urges
- Teaches parents and children skills to increase tolerance to stressors
- Teaches parents and children how to be more mindful throughout the day
- Teaches parents and children how to regulate their emotions and effectively communicate to others

### About Nicole Messuri



As a Licensed Marriage and Family Therapist and a Board Certified Behavior Analyst, Nicole is foundationally trained in DBT and is one of the first clinicians in Southern California to be intensively trained in DBT-C with its developer, Francheska Perepletchikova, Ph.D, Assistant Professor of Psychology in Psychiatry at Weill Cornell Medical College. Nicole has more than 13 years of experience working with children and adolescents with problem behaviors and training parents in parent behavior management techniques.



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Our Adult IOP is for ages 18+. This program offers you a minimum of 10 hours of services weekly including skills training group, individual DBT therapy and mindfulness component. We have a morning track from 9 -12pm as well as an evening track from 5 – 8pm to best meet individual needs.



Our Multi-Family Adolescent Program is a 2-hour DBT Skills Group for teens and their parents. The group meets weekly and 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 and their families. The 16-week group curriculum is educative, fun and interactive.

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## DBT Skill: Self-Soothe



Fall is the perfect time to utilize your **self-soothe** skills!  
Tune into your senses and...

- Breathe in the fresh air
- Savor butternut squash soup
- Sip a pumpkin spice latte
- Touch a fuzzy blanket
- Smell a spice scented candle
- Look at the leaves changing color

Be mindful of the beautiful world around you!

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## Our Blog



### The Benefits of Psychological Testing

Psychological testing results can represent the integral missing piece of a complex and fascinating puzzle. Each client comes in with their own multi-faceted experiences and perspective. They want to improve their lives, and feel frustrated and confused by their internal struggles. It can provide the missing piece of the puzzle as it gathers invaluable information in helping clients achieve their life worth living goals.

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## Blogs We've Enjoyed:

- [The YOLO Effect](#) by Newport Academy
  - [Time Flies - Accumulate Positives](#) by DBT of South New Jersey
  - [Loving-Kindness Meditation May Protect Your Genes and Slow Aging](#) by Mindful Magazine
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## Follow Us On Instagram!



"Feelings come and go  
like clouds in a windy  
sky. Conscious  
breathing is my  
anchor."

— Thich Nhat Hanh  
#MindfulMonday  
DBT Center of Orange County

"Life is a dance. Mindfulness is  
witnessing that dance."

— Amit Ray  
DBT Center of Orange County  
#MindfulMonday



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