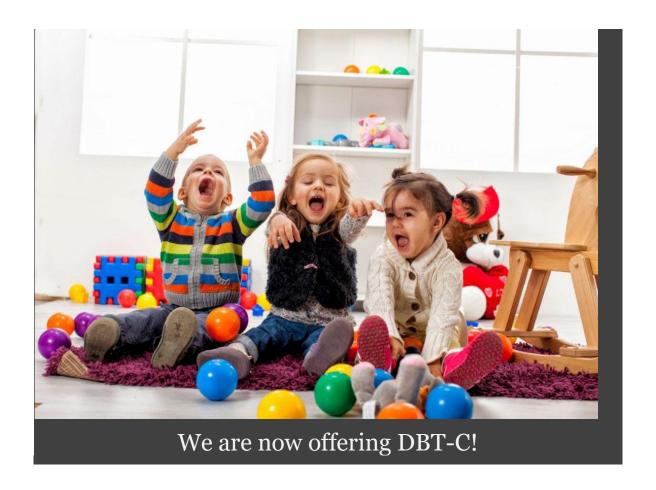




#### Awareness: World Mental Health Day

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.



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 changeready 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.

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.

### 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!

## 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.

### Blogs We've Enjoyed:

- The YOLO Effect by Newport Academy
- <u>Time Flies Accumulate Positives</u> by DBT of South New Jersey
- <u>Loving-Kindness Meditation May Protect Your Genes and Slow Aging</u> by Mindful Magazine

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