



DBT

center of orange county



Adolescent Summer Bootcamp



Our [Adolescent Summer Bootcamp](#) is back! It will be held from July 8th to August 1st. This accelerated program is a great way for adolescents to learn healthier ways of coping and managing their emotions and struggle to do this during the school year.

Our Blog



The Problem with Parenting

and What To Do About It

“I thought having kids would be easier. I thought we’d have kids who would grow up, make friends, go to school, fall in love, get married and live their lives...you know? I thought they’d be happy. But it didn’t turn out that way.” And so goes the lament of every parent who raised children that didn’t turn out the way they thought they would. Let’s start to unpack this complex problem by looking at beliefs about family and parenting that have changed since we were kids.

Relieve Your Stress with DBT

It’s is Stress Awareness Month. In our day-to-day lives, it is easy to disregard the “normal” stress we feel from our jobs or school, traffic, relationships, finances and more. We push through in “survival mode” until we feel burned out, exhausted and often resentful. Read this blog to see how DBT skills can help!



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Skill of the Month: TIPP Skill



Change your body chemistry & reduce extreme emotion FAST!!

T: Tip the Temperature of your face with cold water or your an Ice pack!

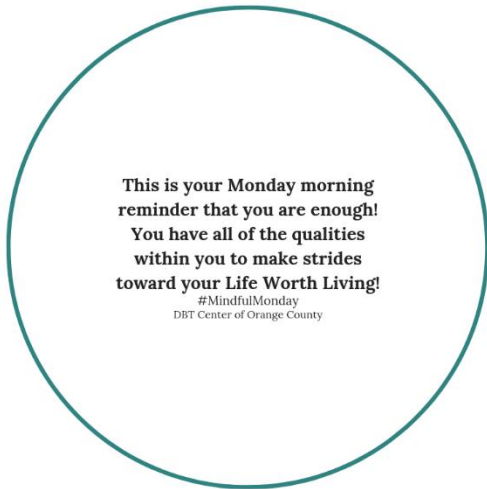
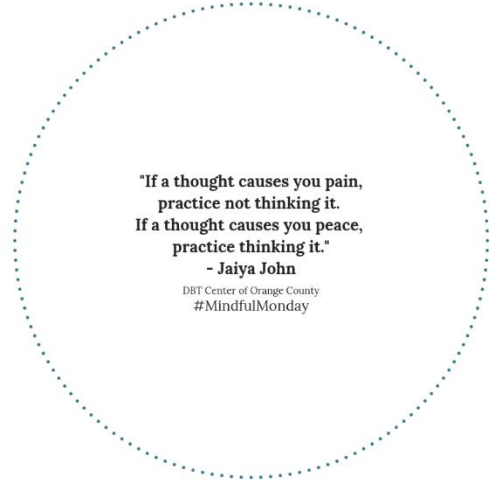
I: Intense Exercise to calm down your body when it is revved by emotion.

P: Paced Breathing Pace your breathing by slowing it down. Breathe deeply into your belly and allow your exhales to become longer.

P: Paired Muscle Relaxation While breathing in, tense your body muscles, notice the tension in your body. While breathing out, say the word “relax” in your mind and let go of the tension.

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

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THOUGHTS I HAVE WHILE MEDITATING



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