

July Newsletter

Summer is such a fun, interactive and busy time! This Newsletter is to keep you updated with all that has been going on at our Center! We hope you are enjoying the beautiful Southern California weather!

Adolescent Intensive DBT Outpatient Summer Camp Program Starts on Monday, July 9th!



If you have any adolescents who struggle to commit to an intensive program due to extracurricular activities or high educational demands, this is the program for them! It is a [4 week program](#) that offers a skills based curriculum for ages 13 - 17 struggling with emotional and behavioral issues. Dialectical Behavior Therapy (DBT), an evidence-based form of Cognitive Behavioral Therapy (CBT) developed by Dr. Marsha Linehan, consists of 5 modules incorporating Mindfulness, Walking the Middle Path, Emotion Regulation, Interpersonal Effectiveness, and Distress Tolerance and is based on the curriculum from DBT for Adolescents by Alec Miller and Jill Rathus. The program will be held from [July 9th through August 3rd, Monday through Thursday from 1pm until 4pm](#) for a total of 16 sessions. Participants will receive two hours of skills training in a fun, interactive environment each day followed by Mindful Yoga, Mindful Art Therapy or Mindful Music Therapy. The program also includes weekly individual DBT therapy and two family sessions over the course of the four weeks.

Free CEU Training for Providers!

She's So Borderline!... Viewing Diagnosis Through the Lens of Attachment Theory and Engaging Family Members in Treatment with Nikki Preece, LCSW, Kevin Randall, LMFT, and Cindy Finch, LCSW on Friday, July 13, 2018 from 9:00 AM – 12:00 PM.

[DBT Center of Orange County](#) and [Fulshear Treatment to Transition](#) invites you to attend a dynamic presentation on how to apply an attachment model to effectively involve families in treatment.

Registration is necessary.



New Radically Open DBT Class!

This is a 2.5 hour class covering the evidence-based [RO-DBT](#) model as developed by Dr. Thomas Lynch. Excessive over-control is associated with social isolation and poor interpersonal relations and contributes to conditions like Chronic Depression, Treatment-Resistant Anxiety, Avoidant, Paranoid and Obsessive Compulsive Personality Disorders, Anorexia Nervosa and Autistic Spectrum Disorders.

Treatment strategies aim to build flexible responding to the demands of the moment, with emphasis on the importance of authentic emotional expression to build positive interpersonal relationships, self-inquiry and curiosity into usual responses, and ability to manage unexpected or challenging feedback.



Our Owner and Executive Director, Dr. Michele Lob, will be presenting on *How Well-Meaning, Empathetic Therapists Can Make Suicidal Clients Worse*

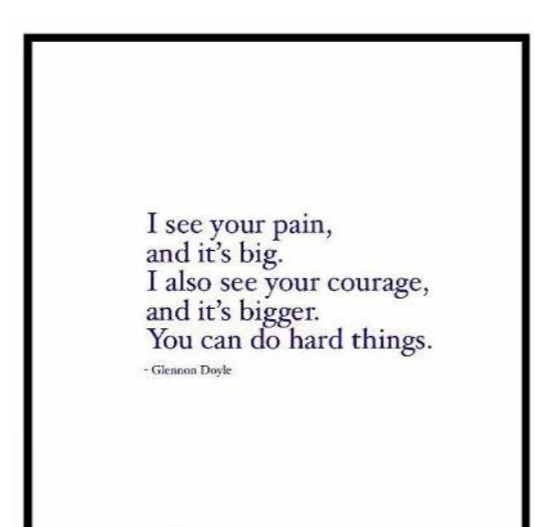
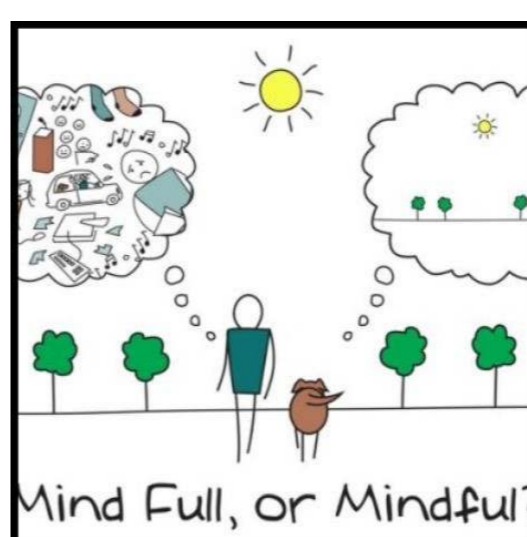
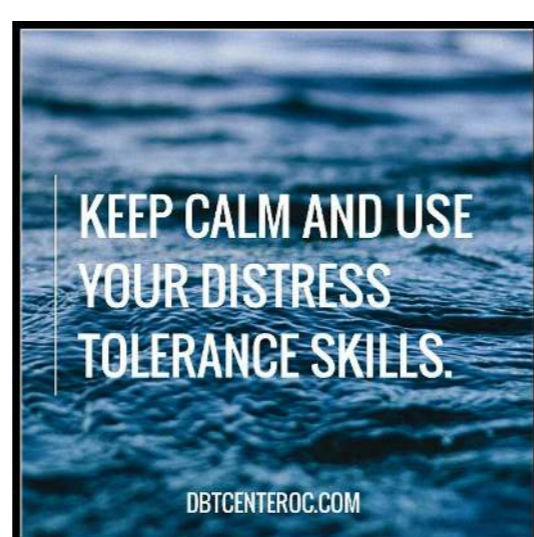
This CEU event, co-hosted by Clearview Treatment Programs, Compass Behavioral Health and DBT Center of Orange County will be held on Friday, August 17th at Maggiano's in Costa Mesa. More details in our August Newsletter.



Our Blog



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Look Out for Our August Newsletter Next Month!

