



**DBT**

center of orange county



# DBTOC Program Highlights

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.



We offer an [Adult Intensive Outpatient Program](#) for ages 18+. This program follows the evidence-based research of the Linehan model and includes weekly DBT individual therapy, skills training groups, phone coaching and mindfulness practice. It is held 3 x weekly and offers 10 hours of DBT services. We have a morning program from 9 - 12pm and an evening program from 5 - 8pm.

---

## [Our Blog](#)



### **Mental Health Awareness Month: Suicidality, DBT and Hope**

May was Mental Health Awareness Month and we talked about suicide. Suicide is now a leading cause of death in the U.S. and research has shown DBT can help.

## Skill of the Month: IMPROVE



**IMPROVE** is a set of Distress Tolerance Skills that can help you manage intense stress and emotion until it decreases in intensity.

IMPROVE stands for **Imagery, Meaning, Prayer, Relaxation, One thing in the moment, Vacation, and Encouragement.**

**Imagery:** Imagine a relaxing scene. Imagine everything going well. Imagine hurtful emotions draining out of you like water out of a pipe.

**Meaning:** Find purpose or meaning in a painful situation. Focus on whatever positive aspects of a painful situation you can find.

**Prayer:** Pray to a higher power or the universe. Ask for strength or courage.

**Relaxation:** Take a bubble bath. Enjoy a cup of tea. Massage your neck and scalp. Breathe deeply.

**One thing in the moment:** Slow down and take one step at a time. Stay in the present moment. Practice mindful awareness.

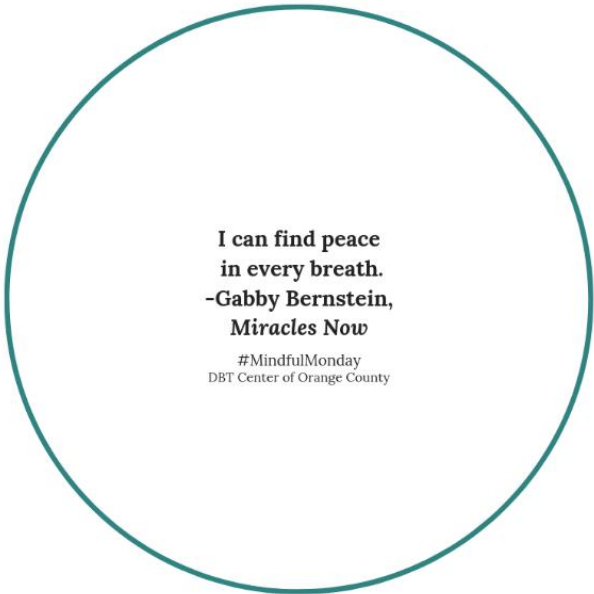
**Vacation:** Allow yourself a brief vacation. Take a nap. Turn off your phone. Take a break. Go to the beach.

**Encouragement:** Cheerlead yourself. Remind yourself that you can do this! Remember that this too shall pass. Remember that you can get through this.

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

---

Follow Us On Instagram!





DBT Center of Orange County  
[dbtcenteroc.com](http://dbtcenteroc.com)  
4299 MacArthur Blvd.  
Suite 200  
Newport Beach, CA 92660  
(949) 480-7767