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DBT
center of orange county

October Newsletter



The Importance of Self-Care

We at DBTOC believe self-care is vital to our well being. When we don't take care of ourselves we can feel exhausted, depleted and resentful. On the other hand, when we are practicing self-care, we tend to have more energy, feel better, think more clearly and make steps to accomplish our goals and live a life aligned with our values.

During the next month, our team will be revamping our personal self-care routines and learning new ways to support each others' wellness. We will be sharing our knowledge on our DBTOC Blog and Instagram, hoping to encourage others to prioritize their personal wellness!



Self-Care Wisdom from Our DBTOC Team:

What is your favorite self-care practice?

"Taking a sound bath healing class".

-Michele Lob, PsyD, MFT, CEDS, Executive Director

How do you incorporate self-care into your busy life?

"I incorporate self-care into my busy daily life by practicing gratitude before I go to sleep. I write a list of twenty things I am grateful for about myself. This can include internal and external qualities and also highlights my support system. I hand write it in my gratitude journal and love to go back and re-read things from the past. I have noticed that this ties directly into self-care because it changes my entire mood! It lifts my spirit and motivates me to also focus on my physical health."

-Catherine Mann, BS, Patient Services Representative

What do you do for self-care?

"Something I do for self-care is that when I wake up the first thing I do is have time for myself. It is a part of my morning routine. I sit out on my patio with a nice cup of coffee and say three things I am grateful for, something meaningful I did the day before and doing a 10 minute meditation on my Calm app. That helps set a positive tone for my day!"

-Carolyn Huckabay, LCSW, DBT Program Clinician and Skills Facilitator

Why is self-care vital?

"For me, self-care practice is vital because it makes me feel grounded, connected, and happy. Without self-care, I think I wouldn't be as productive and focused and happy."

-Nicole Messuri, LMFT, BCBA, DBT Program Clinician and Skills Facilitator

Which self-care practice would I never do without?

"I would NEVER skimp on sleep...if at all possible. Sleep is nature's nurse and she comes and heals me while I slumber. I would also never skimp on hugs. Physical touch is a miracle worker. If I can't get enough hugs I find a massage as quickly as possible and get my "Touch account" filled up. I have a personal masseuse who comes right to my home. He is a combination of physical therapist, coach and guru for your body and mind."

-Cindy Finch, LCSW, Family Services Specialist

Self-Care is such a buzzword today; what does the term "self-care" mean to you?

"Self-care is the practice of taking care of yourself first and foremost- body, mind and soul. Something that is often left out is that self-care is unique to each individual person and can change as you change and your lifestyle changes. Self-care for me may include a bubble bath, yoga class and minimum 8 hours of sleep a night. A friend of mine needs to interact with her friends and family at least once a day and feel productive in some way. Another might need to exercise at least 20 minutes a day and journal as part of his morning routine."

-Nora Josephson, LPC, RYT, DBT Case Manager & Skills Trainer

For more self-care tips and tricks look out for our blog post... coming soon!

Follow Us on [Instagram](#) & [Facebook](#)!

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Self Compassion Workshop



We are excited to announce that we will be hosting a Self Compassion Workshop at our center on [Saturday, November 10th from 9am-2pm.](#)

Amy Noelle will be leading this workshop. Attendees will learn:

- How to stop being so hard on yourself
- Learn ways to practice mindfulness and self-compassion in daily life
- Handle difficult emotions with greater ease
- Motivate yourself with kindness rather than criticize
- Practice the art of savoring and self-appreciation

This workshop is open to clients and community members! Lunch and coffee will be provided. Please click on the button below to buy a ticket and learn more!

[Learn More](#)

Meet Our Newest DBTOC Team Member: Nicole Messuri



As a Licensed Marriage and Family Therapist and a Board Certified Behavior Analyst, Nicole Messuri, has more than a decade of experience in treating clinical and behavioral issues. Nicole is skilled in treating child, teen, and adult depression and anxiety disorders, adjustment disorders (divorce, life transitions, stress management, etc.), trauma, and couples/family relational problems. She also has extensive training and experience in treating specific problem behaviors and the social-emotional needs related to ADHD, Autism, and other related disorders. She has had a special interest in the implementation of Applied Behavior Analysis (ABA), Narrative Therapy, Mindfulness, and Cognitive Behavioral Therapy (CBT) through specific behavioral programs to improve emotional self-regulation, flexible thinking, impulse control, and self-awareness. This interest has led her to the development of her practice in DBT.

Prior to receiving her Masters in Clinical Psychology from Antioch University and her Board Certification in Applied Behavior Analysis (ABA) from the University of North Texas, Nicole studied holistic nutrition and naturopathy at the Academy of Healing Arts in Atlanta and the International College of Naturopathy in Santa Barbara. She later earned a Multiple Subject K-5 Elementary Teaching Credential and worked as a first and fourth grade teacher for LAUSD. She has held various positions over the past 12 years in Los Angeles and in Orange County, as a psychotherapist and, as a clinical and behavioral supervisor using her expertise and background in holistic health, education, ABA, and psychology to individually tailor therapeutic problems that address the needs of each client.

Nicole's treatment approach is compassionate, strength-based, non-judgmental, and holistic. She examines social, emotional, and behavioral issues, as well as, lifestyle habits that impact mood and behavior. Nicole's caring approach and strong belief in her clients' capacity to build healthier relationships with themselves and others promotes an atmosphere of acceptance, self-compassion, and positive change.

DBT Skill of the Month



PLEASE is a skill in our Emotion Regulation Module. It is a way to reduce our vulnerability to emotion mind and build a Life Worth Living! This acronym reminds us that we are taking care of our minds, by taking care of our bodies.

Practice **PLEASE** By:

- 1. Treat Physical Illness:** Take care of your body. See a doctor when necessary. Take prescribed medication.
- 2. Balance Eating:** Don't eat too much or too little. Eat regularly and mindfully throughout the day. Stay away from foods that make you feel overly emotional.
- 3. Avoid Mood-Altering Substances:** Stay off illicit drugs, and use alcohol in moderation (if at all).
- 4. Balance Sleep:** Try to get 7-9 hours of sleep a night, or at least the amount of sleep that helps you feel good. Keep to a consistent sleep schedule, especially if you are having difficulty sleeping.
- 5. Get Exercise:** Do some sort of movement every day. Try to build up to a 20 minutes of daily exercise.

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

[Our Blog](#)



September Is Suicide Prevention Month:

All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. With World Suicide Prevention Day on September 10th. It's a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most.



[Ten Signs Your Teen is Depressed](#)

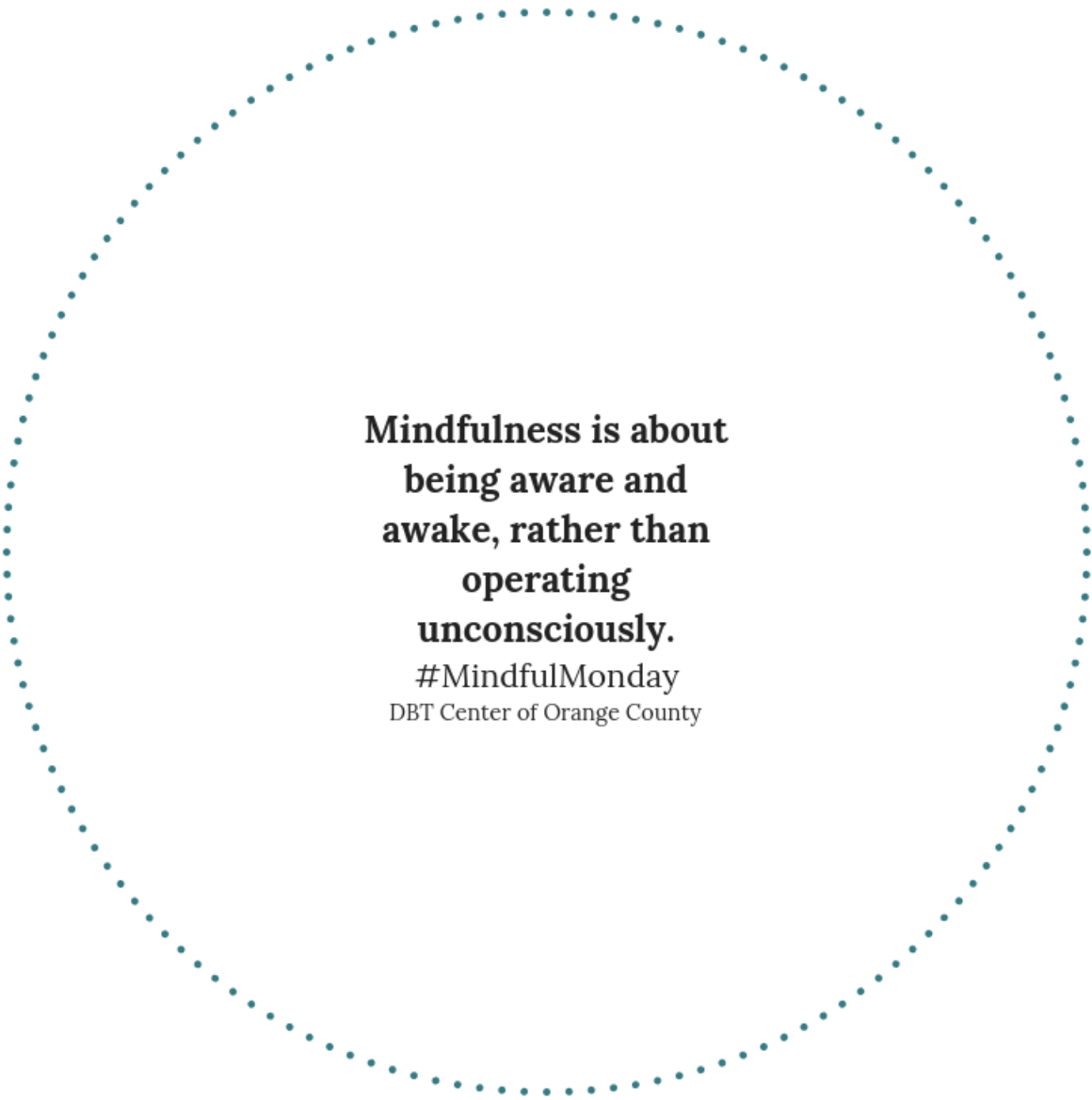
With it being Suicide Prevention Month, we believe depression is an important topic to discuss. The CDC states suicide is a leading cause of death in the U.S. Adolescence is a time when changing hormones can cause mood swings and it is often difficult to tell what is normal adolescent behavior and when a teen is clinically depressed. Read this blog to learn the signs to look out for!



[Follow Us On Instagram!](#)

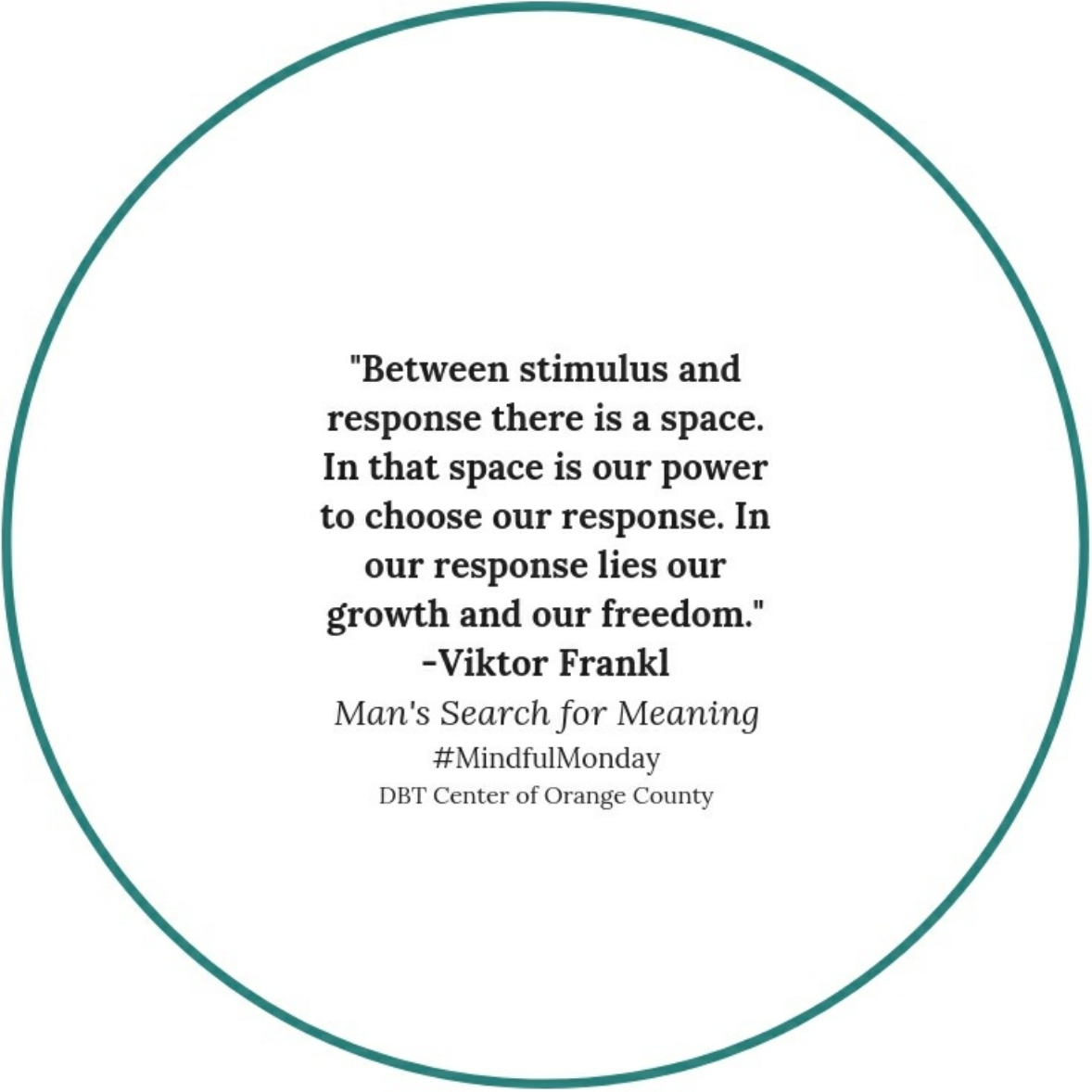
SELF COMPASSION WORKSHOP





**Mindfulness is about
being aware and
awake, rather than
operating
unconsciously.**

#MindfulMonday
DBT Center of Orange County



**"Between stimulus and
response there is a space.
In that space is our power
to choose our response. In
our response lies our
growth and our freedom."**

-Viktor Frankl

Man's Search for Meaning

#MindfulMonday

DBT Center of Orange County





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