

Spring 2021

DBT CENTER OF ORANGE COUNTY

NEWSLETTER

CONTINUING TELEHEALTH SERVICES

DBT Center of Orange County continues to offer all Telehealth Services at this time. We are making plans to transition back to in-person services and closely following CDC guidelines. The safety of our patients and staff is of the utmost importance. Follow us on Instagram for more details on our Reopening Phases!



REDUCING BURNOUT & STRESS

Check out our blog for tips for reducing burnout and stress, written by our Clinical Operations Director, Nora Josephson, LPC, RYT, RADT!

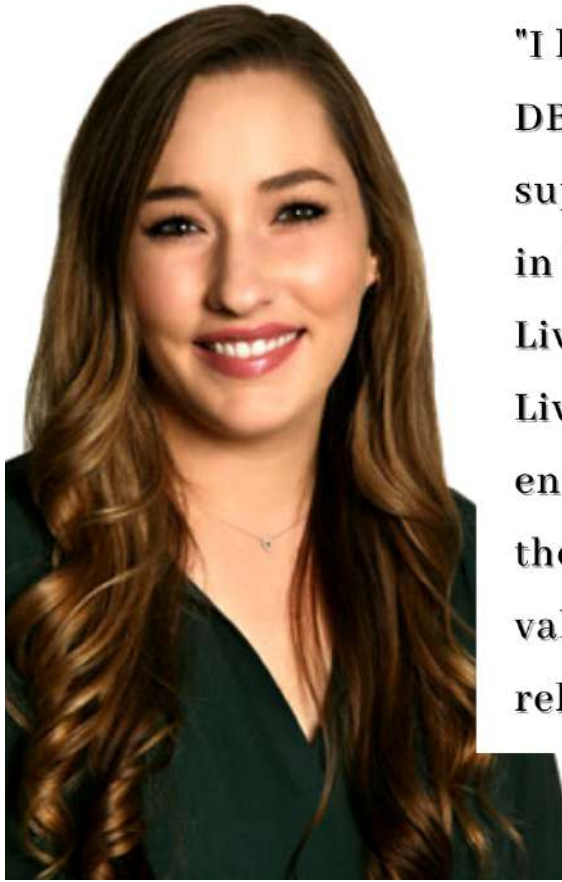
[Read the blog](#)



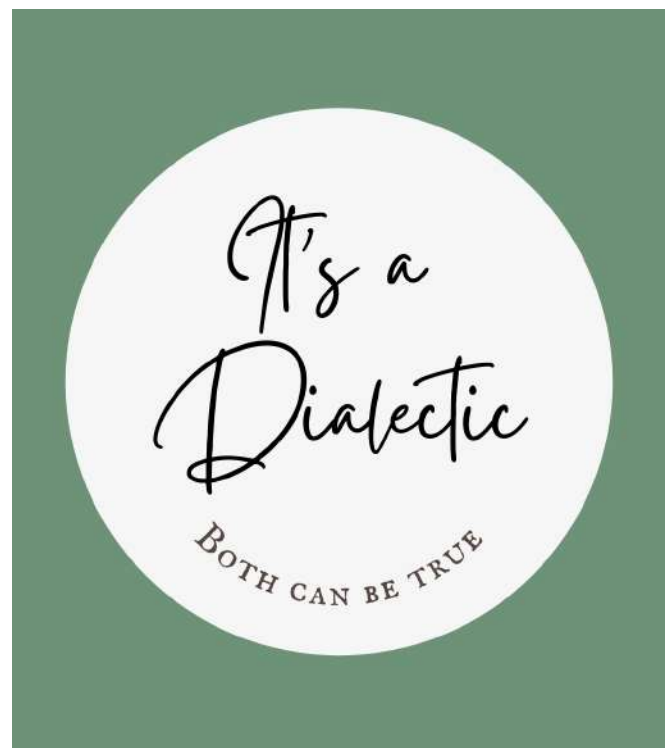
CLINICIAN HIGHLIGHT

NORA JOSEPHSON

Nora Josephson, our Clinical Operations Director, wears many hats at our Center. She supports program admissions, quality assurance, Joint Commission accreditation, leads Skills Groups, Mindful Yoga, and conducts individual skills training. Nora graduated with her Masters in Clinical Mental Health Counseling in 2013 from the University of Denver. She is a Licensed Professional Counselor in the State of Colorado and a Foundationally Trained DBT clinician. Nora is currently working towards dual licensure in California as a Licensed Marriage and Family Therapist and Licensed Professional Clinical Counselor after graduating from Pepperdine University with a second Masters in Clinical Psychology. Nora has worked in a variety of mental health settings including: inpatient, partial-hospitalization and outpatient. She has experience working with depression, eating disorders, substance dependence, anxiety and other mental health concerns. She loves teaching DBT skills to support others in building their Lives Worth Living by encouraging their goals, values and relationships. Nora educates and motivates her clients to engage in self-care with a focus on whole wellness practices. She enjoys integrating themes of self-compassion, mindfulness, and gratitude into the yoga classes and individual skills training sessions she facilitates.



"I love teaching DBT skills to support others in living their Lives Worth Living by encouraging their goals, values, and relationships."



MAY IS MENTAL HEALTH AWARENESS MONTH!

During the month of May, DBT Center of Orange County joins the nation in raising awareness around mental health. DBT maintains that some people have strong reactions to stimuli and experience high levels of arousal that need more time to return to baseline after these events occur. Learning DBT skills helps us manage feelings of having constant 'crises' and/or experiencing extreme emotions. In DBT we teach acceptance and change strategies to help you manage strong emotions, cope with stressful situations and build the life you want.

COVID-19 has had a profound impact on mental health. It's critical to normalize mental health care to heal from the long-lasting impacts of the pandemic. Learn about #Tools2Thrive, practical tools essential for everyone's mental health and well-being: mhanational.org/may.

What is DBT?

Mindfulness

Emotion Regulation

Distress Tolerance

Interpersonal Effectiveness



Screening is a tool you can use as you work on your mental health.

Visit mhascreening.org to check your symptoms. It's free, confidential, and anonymous.



MHA
Mental Health America

LEARN MORE
mhanational.org/may