

Summer 2021

DBT CENTER OF ORANGE COUNTY

NEWSLETTER

IN-PERSON SERVICES UPDATE

DBT Center of Orange County continues to offer all Telehealth Services at this time. We are 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! @dbtcenteroc



THERAPY IN 2021

How effective is
telehealth therapy?

Check out our Blog to
find out!

EMPLOYEE HIGHLIGHT CATHERINE MANN

If you've called our mainline, chances are you may have talked with Catherine. Catherine is a Patient Services Representative at DBTOC and manages our Social Media and Marketing. She's been with DBTOC for 4+ years.

Catherine lives her life by the dialectic statement, "I can't do all the good the world needs, and the world needs all the good I can do." She's passionate about educating others about Dialectical Behavior Therapy and the significant growth she's witnessed as a result of this modality. She holds dual bachelor's degrees from California State University, Fullerton in Health and Human Development, and in Psychology with an emphasis on mental health. Outside of DBTOC, Catherine is a Clinical Psychology graduate student at Pepperdine University and a Marriage and Family Therapist Trainee. Catherine is passionate about serving individuals of all ages and sociocultural backgrounds. When she's not in the office, you can find her with her toes in the sand, dancing to her favorite music, studying at a coffee shop, cuddling with her niece, or on a road trip.



"I can't do all the good the world needs, and, the world needs all the good I can do."
-Elizabeth J.



Life Worth
Living

CRISIS SURVIVAL KITS

As COVID-19 continues to impact every one of our lives, it's understandable that we may be feeling like we are in a constant state of crisis. It's been a lot to navigate the continuous shift in updated procedures and protocols while keeping ourselves healthy and skillful.



So what DBT skills can we use to get through a crisis without making it worse? Tools used to get through a crisis in DBT are called Crisis Survival Tools! These tools help you get through a situation that you cannot immediately change.

At DBT Center of Orange County, we teach you how to make your very own Crisis Survival Kit! As part of our Summer Newsletter and gift to our network, we're including a DBTOC Crisis Survival Kit 'Recipe'! This Recipe is designed to be altered based on what you have on hand throughout your home - just like an actual recipe, and you can find substitutes that work for you!

CHECK OUT
OUR RECIPE





DBT

center of orange county

* CRISIS SAFETY KIT RECIPE *

TITLE: MY CRISIS SAFETY KIT: 5 SENSES

30 MIN

PREP TIME

AS LONG AS YOU NEED!

TOTAL TIME

* INGREDIENTS

Bag or Box

Calming Herbal Tea

Play-Doh

Lavendar Essential Oil

Candle

Affirmations

Bubbles

Coloring Page

Crayons

Pocket Puzzle

Chocolate/Candy

Gratitude List

NOTES: INCORPORATE ALL 5 SENSES!