

Fall 2021

# DBT CENTER OF ORANGE COUNTY

NEWSLETTER

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## HAPPY FALL!

DBT Center of  
Orange County  
wishes you a  
beautiful fall  
season filled with  
gratitude!



## A GRATITUDE JOURNEY

Check out our blog  
about gratitude, written  
by DBT Program  
Clinician and Skills  
Facilitator,  
Dr. Kevin Rowen



Gratitude

[Read the blog](#)

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## SELF-SOOTHE DURING THE CHANGE OF SEASONS

Learn how to use the  
DBT Skills, Self-  
Soothe  
this season!

Written by, Nora  
Josephson LPC RYT  
AMFT

Photo Credit: Alex Geerts  
on Unsplash.

[Read the blog](#)



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*Exciting news!*

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Now accepting clients with Adherent  
DBT Clinicians into our IOP Program!



[INFO@DBTCENTEROC.COM](mailto:INFO@DBTCENTEROC.COM)

[Click Here to  
Learn More!](#)



**FREE RESOURCE**  
**Download Appreciation Cards!**



Download our free appreciation card to  
send someone a note of appreciation!

**CLICK HERE**

“

Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well.

- *Voltaire*

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“

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think, with deep gratitude, of those who have lighted the flame within us.

- *Albert Schweitzer*

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Connect with Us!