

# DBT CENTER OF ORANGE COUNTY

SUMMER NEWSLETTER 2022

## DBTOC CONTINUES TO OFFER HYBRID SERVICES

### *Tele-health & In-Person Services*

Our AM IOP Program and Thursday 20-Week Skills Groups have returned to in-person services. Our clinicians are excited to be back in the office!

Our PM IOP Program, Tuesday and Wednesday 20-Week Skills Group and Multi-Family Group continue to be facilitated via tele-health for the convenience of our patients.

Individual therapy sessions are available in-person or over tele-health.

For current availability, please call our office at 949-480-7767.



## THE JOINT COMMISSION GUIDELINES

### *& COVID Protocols*

At DBTOC the emotional and physical well-being and safety of our patients is very important.

We continue to follow The Joint Commission and Center for Disease Control (CDC) Guidelines at present and throughout the pandemic.

Patients and staff present in the office are wearing masks, taking their temperatures and answering questions about symptoms. If patients have symptoms, they are asked to reschedule their appointment or move appointment to tele-health.



## MINDFULNESS & RESILIENCE TRAINING

*Starting July 11th, 2022!*

This training will help you in learning, building and deepening a mindfulness practice. Instead of looking outside of ourselves for sustainable happiness, we are going to practice how to turn inward. Instead of trying to create the perfect career, the perfect practice, the perfect relationship, we are going to look in a different direction towards our relationship with ourselves. We are going to practice learning how to meet life as it is, messiness and all. This will be the foundation of how we build resilience in the midst of trying times.

It's a closed group for 6 weeks. You will be sent a link with the course material in your own online portal! Each week participants will meet on Monday from 5:30-7:00pm for a virtual group meeting with Dr. Michele Lob PsyD, CEDS, LMFT and Nora Josephson LPC, RYT, AMFT. These meetings will include check in, support in application of mindfulness and live meditative practices.

This is not considered a therapy or clinical service; so anyone is welcome to join!



### MEET KEVIN ROWEN

*DBT Program Clinician  
and Skills Facilitator*

Dr. Kevin Rowen is a registered Psychological Assistant and Post-Doctoral Fellow at the DBT Center of Orange County, under the supervision of Dr. Sarah Lyndon. He has been practicing in the field of psychology for four years, focusing on work with children, adolescents, and young adults.

Kevin is foundationally trained in DBT. He leads our 20-Week DBT Skills Groups and facilitates individual therapy for adolescents and adults. He believes DBT can provide a roadmap for addressing both clinical struggles and everyday ones, using DBT skills himself throughout daily life. When not working, you may find Kevin on the field coaching or playing lacrosse, spending time with family and friends, or playing with dogs.

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"Breathing in, I am aware  
of my heart. Breathing  
out, I smile to my heart  
and know that my heart  
still functions normally. I  
feel grateful for my  
heart."

— Thich Nhat Hanh

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