

DBT CENTER OF ORANGE COUNTY

FALL NEWSLETTER 2022

ADVANCED DBT SKILLS GROUP

Starting 12/05/22!

Advanced Group is for those who have previous DBT knowledge and practice. The group is about diving deeper into applying skills to your individual life and unique situations.

If you are interested, please call our office at 949-480-7767.



Photo Credit: Jason Goodman on Unsplash.



PLEASE SKILLS



DBT
center of orange county

Treat Physical Illness. Take care of your body. See a doctor when necessary. Take prescribed medication.

Balance Eating. Don't eat too much or too little. Eat regularly & mindfully throughout the day.

Avoid Mood-Altering Substances. Stay off illicit drugs, and use alcohol in moderation (if at all).

Balance Sleep. Try to get 7-9 hours of sleep a night. Keep to a consistent sleep schedule.

Get Exercise. Do some sort of mindful movement every day.

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PLEASE KIT:

DBT Skill Idea!

The PLEASE skills are all about taking care of your physical body in order to reduce emotional vulnerabilities!

It can be helpful to have a PLEASE kit - to have items accessible to support regular self-care.

A PLEASE kit could include:

- Exercise items such as weights or yoga mat
- Snacks
- Water
- Water flavoring or electrolyte packet
- Eye mask
- Lavender essential oil spray
- Vitamins/Medication
- Meditation/Mindfulness scripts
- Positive affirmation cards

Make your own today!

MEET OUR NEW TEAM MEMBERS!!!

Baylee Wright MA



Baylee Wright is a DBT clinician and skills facilitator, who is currently becoming foundationally trained in DBT. She is a practicum student getting her PsyD in Clinical Psychology from The Chicago School of Professional Psychology. Baylee is currently in her fourth year and has her master's degree in clinical psychology. Her previous experience includes conducting psychological assessments for individuals with schizophrenia and working in community mental health where she had the opportunity to work with the LGBTQ+ population. Baylee's passions include working with the LGBTQ+ population, women, and other populations that experience stigma around their diagnosis. She is currently working on completing her dissertation which is examining the prevalence and impact of complex post-traumatic stress disorder in the transgender community. Outside of school, Baylee loves practicing yoga and mindfulness. For self-care, she enjoys watching RuPaul's drag race with her three cats, spending time with her family and friends, and painting.



David Cenkner BS

David Cenkner is a DBT clinician and skills facilitator, who is currently becoming foundationally trained in DBT. David graduated from the University of Pittsburgh in 2016 with a bachelor's degree in psychology and is currently a 2nd year graduate student at the University of California, Irvine pursuing his PhD in Clinical Psychology. David has been employed in various clinical and research settings working with adolescents, adults, and United States veterans and he is excited to help others learn and develop skills to work towards achieving their goals. David enjoys spending time exercising, at the beach, and with his family and friends.

Adult DBT Intensive Outpatient Services

We offer a comprehensive Adult Intensive Outpatient Program (ages 18+) to fit your needs. This is an accelerated format which is more intensive than our standard 20-week skills group. The program includes a menu of services such as individual therapy, group skills training, mindful yoga, mindful meditation, and mindful art classes. DBT skills are invaluable for EVERYONE to learn!

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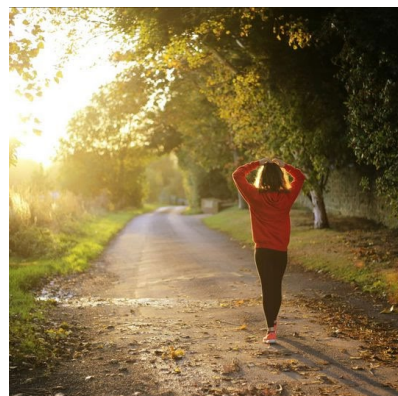
Almost everything will
work again if you unplug
it for a few minutes,
including you.

– Anne Lamott

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