



**DBT**  
center of orange county

# DBT CENTER OF ORANGE COUNTY

WINTER NEWSLETTER 2023

## DBT SKILLS WORKSHOP FOR LOVED ONES

*Starting February 13th, 2023!*

This group was designed to teach DBT skills to parents and loved ones of those struggling with emotion regulation and interpersonal challenges. Participants are not required to have a loved one in DBT and all are welcome to join.

Throughout the course, experts in DBT will teach skills that help participants manage difficult situations, problem solve effectively with others, communicate boundaries while expressing empathy and validation, and more. While we will not be troubleshooting any specific family scenarios, the DBT skills are highly applicable to daily life and examples will be used to show how the skills can help various family situations.

This workshop is not considered a therapy or clinical service and will be held virtually every Monday night from 6-7:30 PM from February 13, 2023 to April 3, 2023 with Nora Josephson LPC, AMFT.



## ALTERNATE REBELLION

This is a perfect time of year to be discussing the DBT Skill of Alternate Rebellion. The beginning of the year is when we tend to make resolutions we hope to initiate and maintain, notably around behaviors that are detrimental to our overall goals and values. Initially developed to curb and contain addictive behaviors, Alternate Rebellion is a purposeful DBT skill that offers alternatives to acting out in harmful, ineffective ways towards oneself or others. For example, you may be a consummate 'people pleaser' who never says No and who wants to set strong boundaries for yourself. Your friend asks you to help them move on the weekend and based on the fact that you never say No to them, they will likely not take kindly to you saying No! By learning to channel and reinforce saying No into something less harmful and creative, implementing the skill of Alternate Rebellion can be a powerful antidote and encourages new replacement behaviors.

For more information and examples, please visit our website and read our full blog by Dr. Michele Lob.

## HAPPY NEW YEAR MESSAGE

### *How to practice Mindfulness into the New Year*

To celebrate the New Year, many of us take time to reflect on all that happened over the last year. The accomplishments we achieved (or didn't achieve), the hurdles we faced, the things we forgot to do or say. But instead of us judging all of the things we "should" or "shouldn't" have done, let's take a moment to try and look at each of these events or circumstances non-judgmentally. Let's remind ourselves that we were doing the best we could in the moment, that we are only human and it is only natural to occasionally stray from our values and make mistakes. Let's remember that hard lessons can be transformed into learning experiences that will help us to grow and strive closer to Life Worth Living goals and ultimately who we want to be. Let's embrace self-compassion and send Loving Kindness to our past selves, forgive ourselves for any shortcomings, and lower that unrealistically high bar that we thought was realistic in the moment. With the passing New Year, we have the opportunity to do things different, to accept our pasts and what we have been through, while at the same time, honoring ourselves and our growth. Instead of being hard on ourselves and judging our past actions, we can change the narrative to one that better suits us; to one that will help us thrive and increases our motivation rather than kick us down. Embracing self-compassion and bringing mindfulness into your New Year can do just that—and this will make all the difference.



## MEET DR. MEELA SALAMAT

*DBT Program Clinician  
and Skills Facilitator*

Dr. Meela Salamat is a bilingual Registered Psychological Associate and Post-Doctoral Associate at DBT Center of Orange County, under the supervision of Dr. Sarah Lyndon. She has been practicing in the field for the past five years across various settings and serving adolescents, adults, and families.

Meela is Foundationally Trained in DBT and has training in DBT-Prolonged Exposure (DBT-PE) and DBT Skills for Adolescents and Families. Meela is a 200-hour Registered Yoga Teacher (RYT). She is pursuing her advanced 500-hour yoga teacher training and loves to create blends with essential oils for her friends or teach different classes at local yoga studios. She also loves to spend time with her family and her pup, Zion.

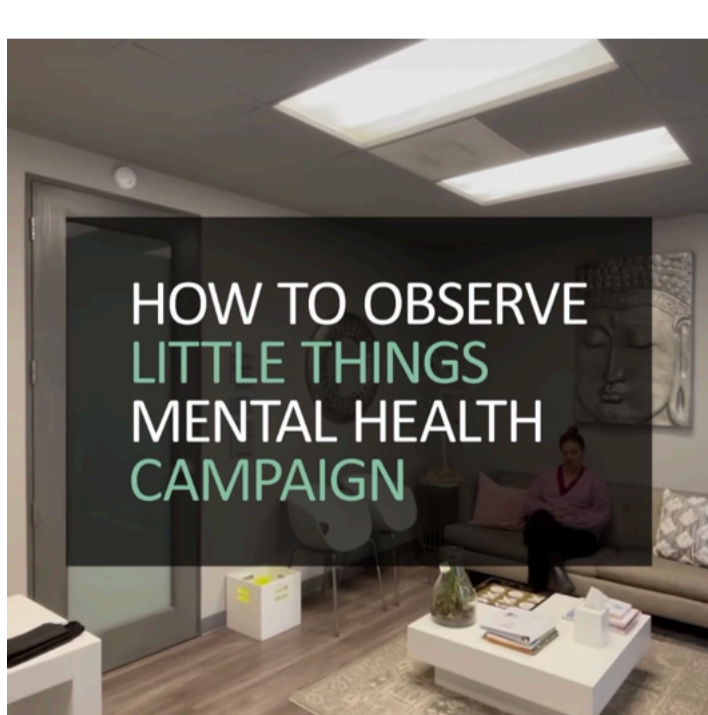
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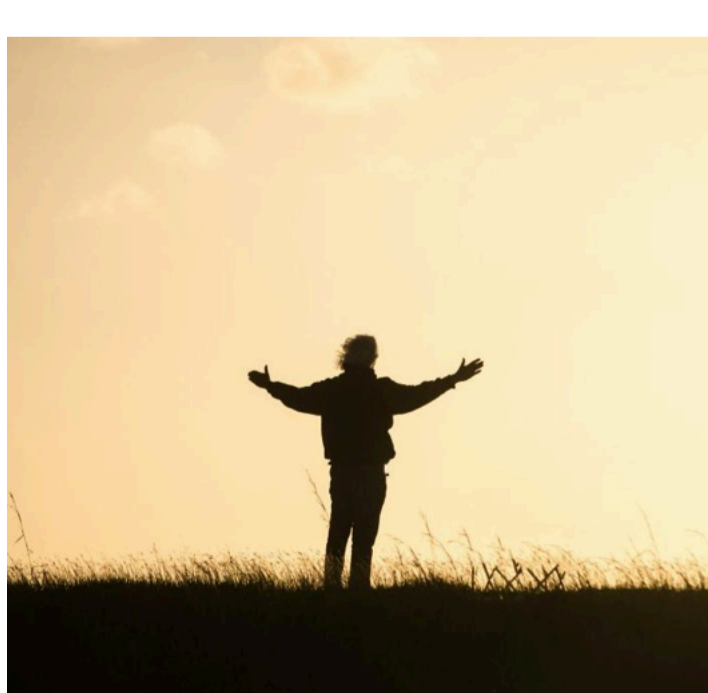
Start each day with a  
positive thought and a  
grateful heart.

— Roy T. Bennett

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