



**DBT**  
center of orange county

# DBT CENTER OF ORANGE COUNTY

FALL NEWSLETTER 2023

## CURRENT OPENINGS IN DBT IOP!

We offer three tracks for our eight week Intensive Outpatient program:

Monday, Wednesday, and Thursday:

- 9am-12pm In Person IOP
- 11am-2pm In Person IOP
- 5pm-8pm Telehealth IOP

The program includes individual therapy, group DBT skills training, and various mindfulness practices including mindful yoga and mindful meditation. Groups are small and do not exceed eight people for the purpose of allowing a safe, intimate environment to learn skills from the four DBT modules: Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness.

Anthem Blue Cross 'In-Network' provider. For more information visit our [website!](#)



## MULTI-FAMILY GROUP

**Our Multi-Family Group for Teens (Ages 13-17) and their caregivers is held on Tuesdays 5:30-7:30pm**

MFG is not what people often think of when they picture group therapy in their minds or what we tend to see on TV. Similarly to DBT for adults, who also attend a group as part of comprehensive DBT, MFG is instead more of a class format. In the MFG "class," therapists teach the various acronyms and vocab terms of DBT skills.

## MENTAL HEALTH MATTERS: A SPOTLIGHT ON WORLD MENTAL HEALTH DAY

We recognize World Mental Health Day, celebrated in October, alongside Mental Illness Awareness Week, highlighting the importance of mental health. This year's theme, "Mental Health in an Unequal World," emphasizes the urgent need for equitable mental health services.

In a world marked by disparities, mental health resources remain unequal. Advocating for enhanced services, reduced stigma, and equitable access is crucial for everyone's well-being.

At DBT Center of Orange County, we're committed to supporting individuals on their path to well-being and invite you to join us in prioritizing mental health. Together, we can amplify our voices to advocate for better mental health care and contribute to a world where the mental well-being of all individuals is not just recognized but cherished. Your support helps us in our mission to make mental health a priority for everyone.

**MENTAL  
HEALTH  
MATTERS**



## FEATURED BLOG: IS YOUR CHILD A SUPER SENSOR?

In our recent blog, authored by our team member Nicole Messuri, LMFT, BCBA, we explore Super Sensors in children. These young individuals experience their emotions intensely, with heightened sensitivity. They may get upset easily, have strong feelings, and experience difficulty in calming down when excited or distressed. Super Sensors also exhibit positive emotions strongly, read others' emotions well, and often display creativity and empathy.

The blog discusses the traits associated with Super Sensors, which can include seeking to avoid effort, hyper-reactivity, and challenges with transitions and delayed gratification. If you've recognized these traits in your child, our blog explains how Dialectical Behavior Therapy for Children (DBT-C) can be a valuable approach.

To learn more and gain a more in-depth understanding of Super Sensors in children, read the full blog on our website.

## MEET OUR NEW TEAM MEMBERS!

MEET OUR DOCTORAL LEVEL PRACTICUM STUDENTS:



### NICOLE MAXWELL MA

*DBT Program Clinician and Skills Facilitator*

Nicole, The Chicago School of Professional Psychology student, did diagnostic work at NRC Research Institute. She's a certified clinical rater for schizophrenia studies, holds a forensic psychology master's from California Baptist University. Her research linked war trauma to sexual deviance. She observed psychologists at Orange Psychological Services, worked as a behavioral therapist and trainer for three years. She enjoys training her Belgian Malinois, Millie, and loves nature, hiking, and exploration.

### JOSHUA CARDENAS MA

*DBT Program Clinician and Skills Facilitator*

Joshua, a psychology practicum student under Dr. Sarah Lyndon, graduated in Psychology from the University of San Francisco in 2018. He gained research experience with Dr. Wendy Mendes at UC San Francisco. Currently a PsyD student at The Chicago School of Professional Psychology, he focuses on clinical work with various clients. Joshua's approach centers on respect and communication. He specializes in treating anxiety, depression, and trauma. Beyond work, he enjoys family time, camping, concerts, sports, and cooking.

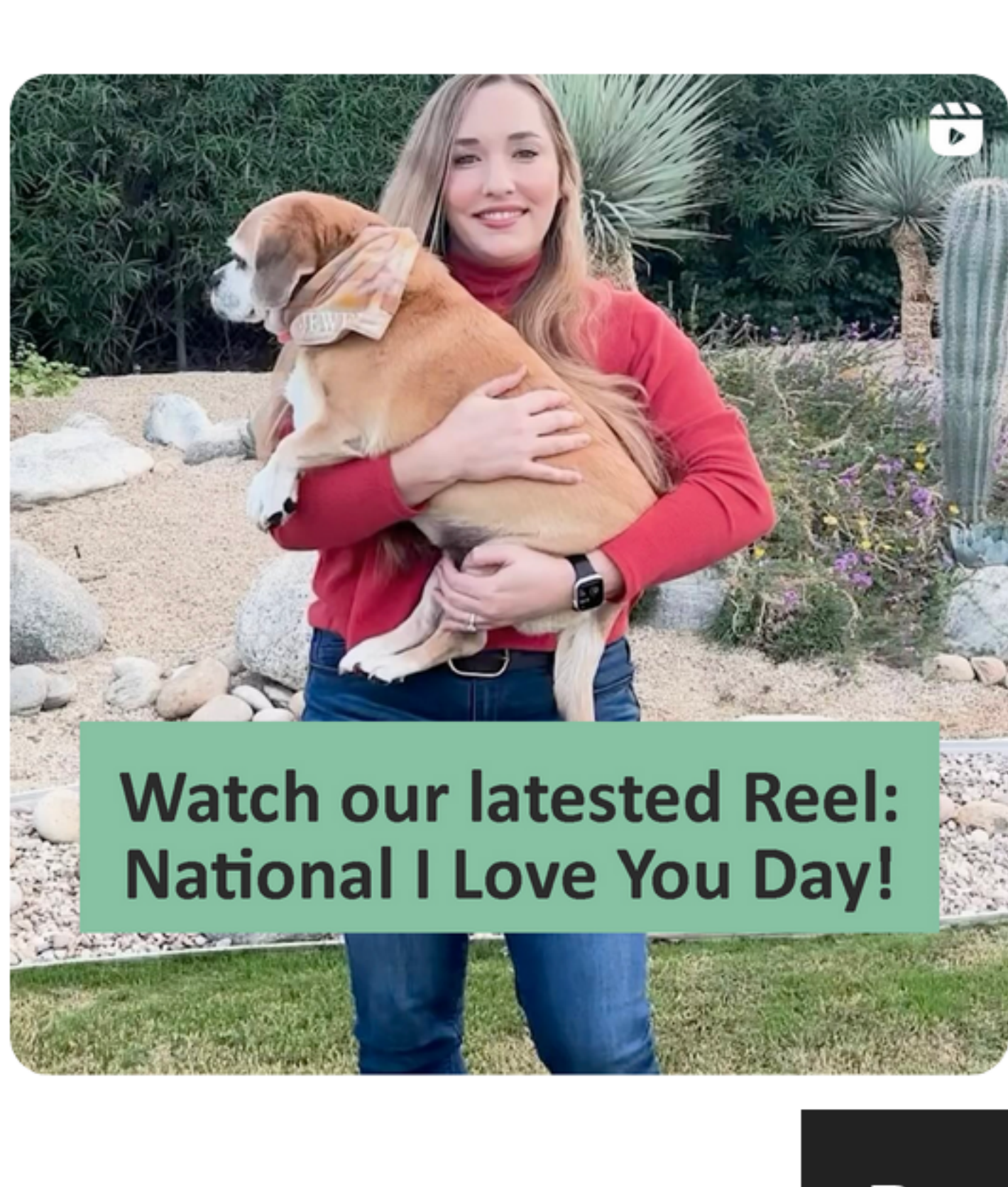


### RACHEL VEENKAMP BS

*DBT Program Clinician and Skills Facilitator*

Rachel Veenkamp, a dedicated psychology practicum trainee with a first responder background, pursues a clinical psychology doctorate at The Chicago School of Professional Psychology. Experienced in anxiety, depression, trauma, evaluation, family conflict, and grief, she fosters client empowerment in a safe environment. Specializing in LGBTQIA+ therapy, she prioritizes strong therapeutic bonds through her interactive and compassionate approach, supporting clients on their transformative journey.

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