



## DBT center of orange county

# DBT CENTER OF ORANGE COUNTY

SUMMER 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!](#)



## 20 WEEK DBT SKILLS GROUPS

- Monday: 6pm-7:30pm In Person
- Tuesday: 9am-10:30am Telehealth
- Thursday: 6pm-7:30pm In Person

This is a 90 minute DBT Adult Skills Group that meets weekly and covers the DBT model created by Dr. Marsha Linehan. Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness are modules covered in a small, specialized group setting. The 20-week skills training is educational and interactive.

For more information, please give us a call at 949-480-7767.

## DBT SKILLS WORKSHOP FOR LOVED ONES

Join our 8-week workshop for parents and other loved ones of those struggling with emotional regulation and interpersonal challenges. Learn DBT skills to better support your loved one and navigate interactions effectively.

Testimonial: *"The DBT class transformed my approach, especially during holidays. The DEARMAN Bill of Rights made all the difference!"*

### Course Detail and Pricing:

- Dates: Wednesdays (Next Start Date – September 6, 2023!)
- Time: 5:30 – 7:30 PM
- Location: Virtual
- Pricing: \$100 per session x 8 weeks (\$800) per person. Non-refundable once the workshop begins. Special: \$175 per session x 8 weeks (\$1400) for 2 people from the same household!
- Participant Requirements: Must be 18 years or older
- Note: This workshop is not considered a therapy or clinical service

[Register Now!](#)



## 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.

### SUMMER INTAKE SPECIAL

Schedule your initial assessment session between

June 19, 2023 and September 4, 2023

**\$350.00**



Standard rate for initial assessment session is \$550. Session must be completed prior to September 5, 2023 to receive 'Summer Intake Special' rate. Session must be cancelled or rescheduled prior to 48 hours of scheduled session or late cancellation fees may apply.

## MEET OUR NEW TEAM MEMBERS!



### GINA HESP ASW

*DBT Program Clinician  
and Skills Facilitator*

Gina, an Associate Clinical Social Worker (ASW), graduated with a Masters of Social Work from the University of Southern California in 2020, specializing in children, youth, and families. Prior to her Masters, she volunteered at DBTOC during her undergraduate years studying Psychology. With diverse clinical experience in social services and community mental health, Gina is well-versed in Motivational Interviewing, Problem Solving Therapy, Crisis Intervention, and TF-CBT. Gina adopts a person-centered, strengths-based approach to treatment. She is particularly dedicated to assisting transitional aged youth and adults dealing with issues like anxiety, depression, life transitions, and grief & loss. Beyond her clinical role, Gina stays active through Pilates and yoga, and she cherishes her leisure time by taking her dog for walks on the beach.



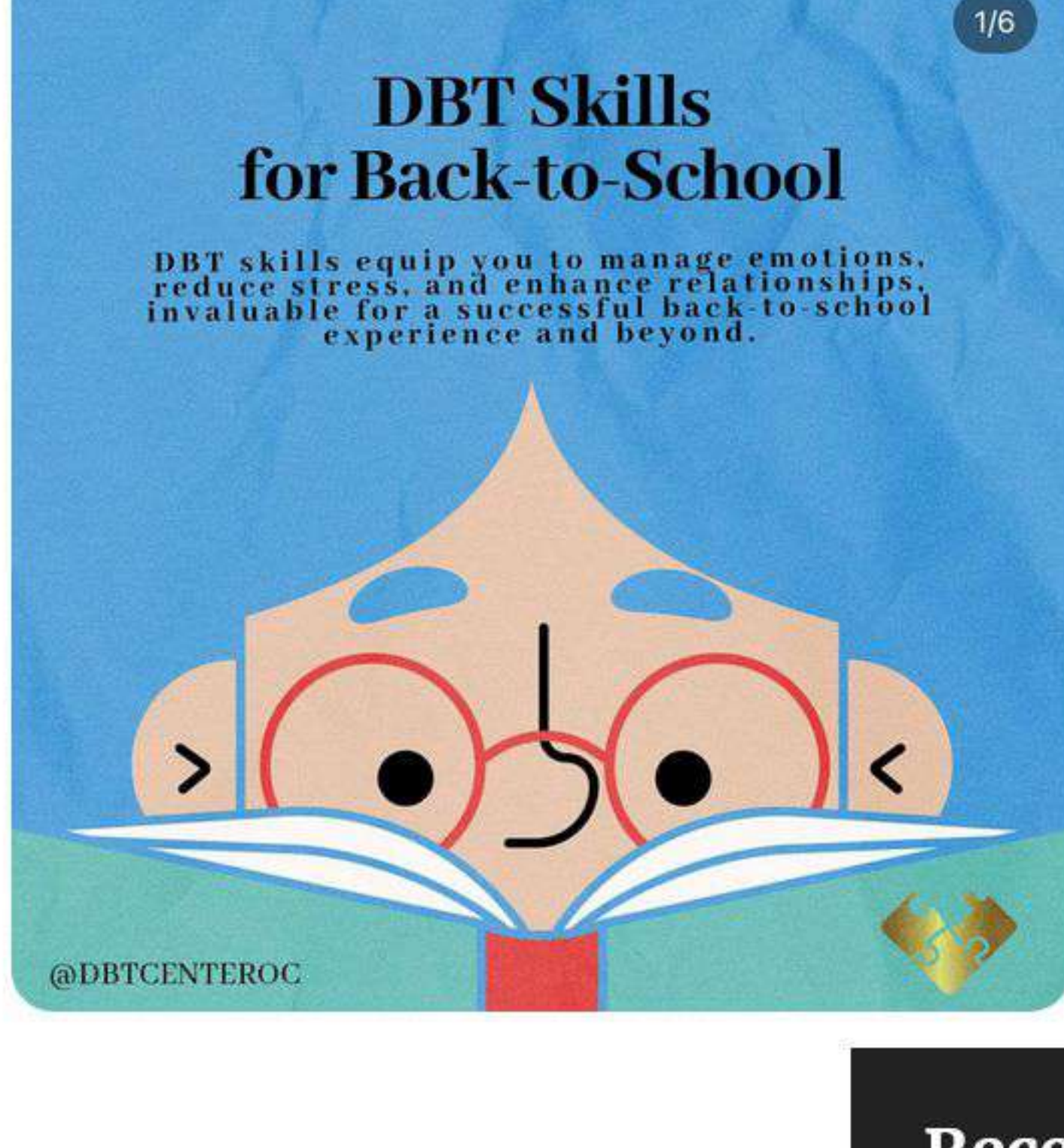
### DR. CINDY NGUYEN

*DBT Program Clinician  
and Skills Facilitator*

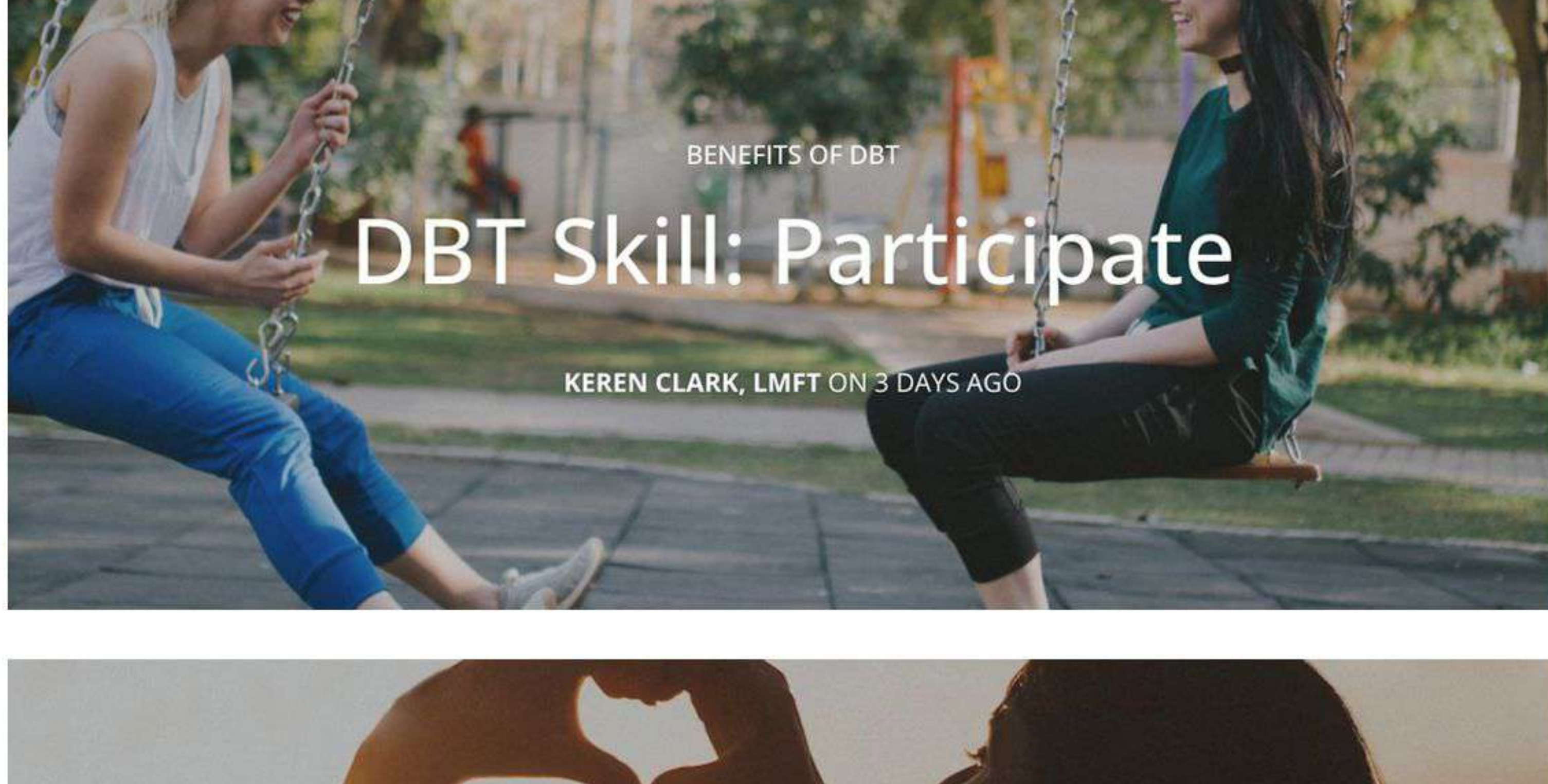
Dr. Cindy Nguyen is a bilingual Registered Psychological Associate and Post-Doctoral Associate at the DBT Center of Orange County. She holds a Clinical Psychology Doctorate from Alliant International University, specializing in trauma, mood disorders, and substance use. With seven years of diverse experience, she excels in individual, family, and group therapy across settings like Intensive Outpatient Programs, Community Mental Health, and more.

Certified in Seeking Safety, Cindy's skills include therapies like Functional Family Therapy, Trauma-Focused Cognitive Behavioral Therapy, and Acceptance and Commitment Therapy. She's pursuing training in Dialectical Behavioral Therapy and values culturally sensitive assessments. Outside work, Cindy enjoys cycling, boxing, hot yoga, and exploring coffee shops for self-care.

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