

DBT CENTER OF ORANGE COUNTY

WINTER NEWSLETTER 2024

NAVIGATING 2024 TOGETHER:

*A Special Message from
DBTOC Team*

Happy New Year! We hope you had a wonderful holiday season and a fantastic start to 2024. As the DBTOC team, we wanted to send our belated but heartfelt wishes for a year filled with growth, success, and positive moments.

May the beginning of this year bring new opportunities, exciting challenges, and moments of joy. We value your connection with us and look forward to sharing this journey together throughout the coming months.

Here's to a fresh start and a year full of promise!



MEET DR. KYLIE HAN LE, PSYD

*DBT Program Clinician
and Skills Facilitator*

Dr. Kylie Han Le, a bilingual Licensed Clinical Psychologist with 10+ years' experience, specializes in treating children and adolescents dealing with complex trauma, mood disorders, anxiety, and emotional dysregulation. Holding a doctoral degree from the University of La Verne in Child, Adolescent, and Family Therapy, she is trained in Dialectical Behavior Therapy (DBT) and certified in Integrative Treatment for Complex Trauma (ITCT), Functional Family Therapy (FFT), and Incredible Years (IY).

Beyond clinical care, Dr. Le actively stays updated on psychology research, provides training and supervision to students and staff clinicians, and is dedicated to professional development. She is passionate about formal psychological testing to aid in diagnostic clarification, treatment planning, and monitoring treatment outcomes.

CURRENT OPENINGS IN DBT IOP!

IOP - Move from 3 to 4 Day IOP!

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

Monday - 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!](#)



NEW 20 WEEK DBT SKILLS GROUPS

- Monday: 6pm-7:30pm In Person
- Tuesday: 5:30pm-7pm 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.

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.

Follow Us On Instagram!



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The New Year is a wonderful time to redouble our commitment to mindfulness. Yet even as we set goals, it's important to be aware of any self-judging. Are the merciless standards of perfectionism just waiting to clamp down? Or can we combine commitment to practice with kindness toward ourselves?

— Sharon Salzberg,
author of "Real Happiness:
The Power of Meditation".

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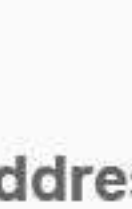
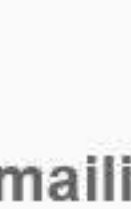
DBTOC's Cultural Holiday Traditions

DR. MICHELE LOB PSYD., MFT, CEDS ON 1 MONTH AGO

The DBT PLEASE Skills

DR. KRYSTAL LOPEZ, PSY.D ON 3 MONTHS AGO

Contact DBTOC



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