



Newsletter

February 2017

What's New?

Parenting a Child with Anxiety

This 8-week workshop series, led by Alison Bellevue, Psy.D., is designed to give caregivers of anxious children (ages 8-14) a better understanding of their child's anxiety and the skills needed to support their child.

Date & Time

Every Tuesday, 11:00 AM - 12:15 PM

Adolescent Social Anxiety Group

This 8-week CBT-informed social skills group was designed by Alison Bellevue, Psy.D. to help teenagers navigate new and challenging social environments. Participants will learn coping skills to reduce anxiety and increase confidence.

Date & Time

Every Tuesday, 5:00 - 6:30 PM

Visit our website to learn more about our expanded Middle School Program offerings.

Community Nights

Join us on the first Thursday of every month for our new **free** educational series. Staff psychologists and local experts will present on a variety of topics which address the interests and needs of our community.

At each presentation participants will have the opportunity to meet our staff, ask questions, and discuss that week's topic with other interested members of the community.

March's upcoming topic:

Cyber Safety

Led by Alison Bellevue, Psy.D.

Thursday, March 2nd, 2017

7:00 AM - 8:00 PM

Geared toward parents and professionals, this workshop will address the many concerns surrounding the increasing amount of time children and teens are spending online and on social media. Participants will learn how and when to set boundaries, what safety issues to look for, and how to address potential problems related to the use of new and ever-changing technologies.

DBT Skills Training Groups

Ongoing Schedule and New Entry Points

We offer multiple ongoing DBT Skills Training Groups that meet on a weekly basis. For information on the groups schedule and entry points, please visit our DBT Skills Training Groups webpage.

In addition to our DBT Skills groups for children, adolescents, adults, and parents, we also offer a number of **group therapy treatments for specific problems**, including Social Skills development, Mindfulness-Based Cognitive Therapy (MBCT), and Emotional Eating.

Staff Spotlight: Alison Bellevue, Psy.D.



Dr. Alison Bellevue is the Director of the Middle School Program at CBT/DBT Associates. She co-leads the Monday evening Middle School Multi-Family DBT skills group and is excited to be starting two new CBT groups at the practice: The first, a CBT-informed workshop series for parents of children with elevated anxiety. The second, a CBT-informed adolescent social anxiety group that aims to improve social skills and decrease social anxiety within a supportive environment with peers who are experiencing similar difficulties.

Prior to entering graduate school to earn her Psy.D., Dr. Bellevue worked as a middle school special education teacher in Brooklyn, NY. As part of the NYC Teaching Fellows program, Dr. Bellevue earned her M.S.Ed. in adolescent special education while teaching full-time. As a teacher, Dr. Bellevue saw first-hand how emotional challenges hinder a child's ability to excel in school. Teaching solidified Dr. Bellevue's ambition to gain more specialized training in order to treat the psychological difficulties she saw in her students. Now, at CBT/DBT Associates, Dr. Bellevue continues to collaborate with schools in order to bring comprehensive care to her clients and help school communities meet the needs of every student.

Dr. Bellevue earned her Psy.D. in School-Clinical Child Psychology from Yeshiva University, Ferkauf Graduate School of Psychology. She graduated cum laude from Barnard College, earning a B.A. in psychology and human rights. Dr. Bellevue completed an APA-accredited pre-doctoral internship at NYU Langone Medical Center-Rusk Rehabilitation, Pediatric Track. During her internship training, she developed an expertise in neuropsychological assessment and provided psychotherapy to children and adolescents with co-morbid medical diagnoses, as well as to their families. Dr. Bellevue completed her postdoctoral fellowship at CBT Westport, where she gained extensive experience providing individual Cognitive-Behavioral Therapy (CBT) to youth and adults presenting with a range of diagnoses. She specializes in treating anxiety disorders across the lifespan, including Obsessive Compulsive Disorder (OCD), specific phobias, separation anxiety, social anxiety, generalized anxiety, trichotillomania, and selective mutism. She provides parent training and parenting support to parents of children with disruptive behavior disorders.

Dr. Bellevue stresses the importance of self-care to all of her clients and practices self-care in her own life in many different ways. She takes her dog out for long walks, which they both enjoy. She also carves out time to try new recipes, bake sweet treats, and go to the gym because balance is key. Finally, reading a good non-psychology related book is another way Dr. Bellevue relaxes and finds the right work/life balance for her.

Skill of the Month

Loving Kindness

Strong negative emotions toward ourselves and others can, in addition to being momentarily painful, wear on us both mentally and physically. For the month of February, make a point to cultivate compassion and loving feelings with family, friends, and within yourself, by practicing *Loving Kindness* in the face of negativity.

Loving Kindness is a mindfulness practice in which you mentally send warm wishes to others or yourself such as:

- "May John be safe and protected."
- "May I be filled with joy."
- "May mom be healthy and whole."

These thoughts can be directed at anyone and can encompass any positive outcome, such as happiness, safety, love, and so on, so long as they are sincere.

In practicing *Loving Kindness* this month (and always), it helps to begin by directing positive thoughts toward yourself. This will help you both to understand the practice and to more genuinely direct loving kindness toward others. From there, you can practice *Loving Kindness* with respect to loved ones, friends, and even strangers or people you're angry with.

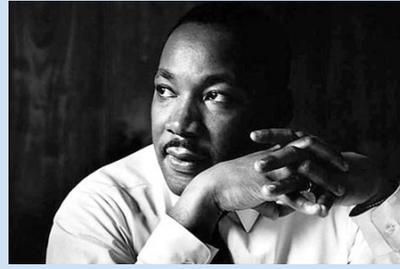
Resources on Loving Kindness

Marsha M. Linehan, Ph.D., DBT Skills Training Manual 2nd Edition (p. 219-222)



Inscape Meditation

A new approach to mindfulness: explore traditional and new meditation practices in their beautiful studio or take them anywhere with Inscape's immersive meditation app.



Dr. Martin Luther King Jr.'s
1967 Address to the
American Psychological Association

"For social scientists, the opportunity to serve in a life-giving purpose is a humanist challenge of rare distinction."

What is CBT?

Cognitive Behavioral Therapy (CBT) focuses on the patterns of thinking, behavior, and emotional responding that are associated with distress or life dissatisfaction. In CBT, clients learn techniques to recognize and change these patterns to improve daily functioning and life satisfaction.

What is DBT?

Dialectical Behavior Therapy (DBT) is a highly specialized form of CBT designed to help people who have pervasive difficulties managing their emotions. These difficulties may be apparent in a variety of ways.

[Learn more about our practice at www.cbtdbtassociates.com](http://www.cbtdbtassociates.com)

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