



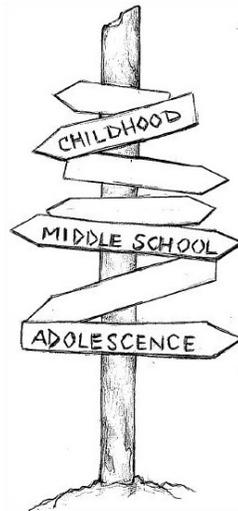
# Newsletter

July 2016

## What's New

### Multifamily DBT Skills Group for Middle Schoolers

We are pleased to announce our DBT Multifamily Skills Group for middle school students (grades 5 through 8). This once weekly 90-minute group will be led by **Melissa Dackis, Ph.D.** Over the course of 18 weeks, middle schoolers and their parents will learn skills to help them better manage their own emotions, tolerate distress, and interact more effectively with others.



## Date & Time

Starting July 25, 2016

Every Monday

from 5:30pm - 7:00pm

### 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.

## Staff Spotlight



**Dr. Melissa Dackis** is a staff psychologist and directs the Middle School Program at CBT/DBT Associates. Dr. Dackis is a graduate of the University of Rochester's clinical psychology Ph.D. program and a proud Duke alum (go Blue Devils!). She is also a two-time winner of the office March Madness bracket challenge at CBT/DBT Associates.

Dr. Dackis treats children, adolescents, and adults utilizing CBT, with specialization in treating panic, generalized anxiety, phobias,

depression, and childhood PTSD. She also treats adults, adolescents, and pre-teens with mood and anxiety disorders, self-harm behaviors, and emotion dysregulation using DBT. She leads the Middle School multifamily skills group and co-leads an adult Graduate Group with Dr. Weingarten. Dr. Dackis is trained in specialized CBT treatments including Trauma-Focused CBT (TF-CBT), Coping Cat, CBT for Insomnia (CBT-I), ComB model for trichotillomania, Exposure and Response Prevention (ERP), and Cognitive Processing Therapy (CPT).

In addition to her clinical work, Dr. Dackis supervises group externs CBT/DBT Associates and will supervise medical residents on CBT and DBT cases as an Adjunct Assistant Clinical Professor at the Icahn School of Medicine at Mount Sinai Hospital. Dr. Dackis has several publications in the area of

developmental psychopathology. Her research has been focused on the effects of child maltreatment and trauma on the brain, physiology, and the development of mental illness in children and adults. Dr. Dackis is an ad hoc reviewer for the following research journals: *Child Abuse & Neglect*, *Psychoneuroendocrinology*, *Personality and Individual Differences*, *Development and Psychopathology*. Prior to joining CBT/DBT Associates as a postdoctoral fellow in 2014, Dr. Dackis was a pre-doctoral intern at NYU-Bellevue.

### Skill of the Month

#### **Self-Compassion**

Compassion toward others is a familiar concept, but compassion for oneself may be more difficult to master. Like compassion for others, the practice starts with recognition of suffering. When faced with challenges that cause us pain, we tend to judge ourselves quite harshly.

Feelings of inadequacy and self-doubt may take over. The first step is to accept that you are in pain, and then extend the same loving kindness to yourself that you would toward others.

Recognizing that pain, suffering, and imperfection are part of the shared human experience can help develop the skill of self-compassion. Learning how to care for oneself when we need it may take some practice and some patience.

#### **Resources on self-compassion:**

- Dr. Dennis Tirch and the *Center for Compassion-Focused Therapy*
- Kristen Neff's *Self-Compassion Exercises*

### What We Like



#### **TED Talk: What Makes a Good Life?**

Harvard's 75-year longitudinal study on adult development found strong personal relationships are key to health and happiness.



#### **The Power of Casual Gratitude**

This Atlantic article highlights how replacing "sorry" with a simple "thank you" is immensely more effective for demonstrating gratitude.

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

cbt  
dbt associates®

501 Madison Avenue  
Suite 303  
New York, NY 10022

Copyright © 2016

CBT/DBT Associates, LLC, All rights reserved.