



# Newsletter

September/October 2016

## What's New?

### Navigating the Social Waters with Confidence



We are pleased to announce our new cognitive behavioral social skills group that incorporates mindfulness and interpersonal effectiveness skills from DBT. Over 8 weeks, group members, led by Kristen Roman, Psy.D., will learn how to be in the moment when interacting with others, practice assertiveness and conversational skills, and get feedback from a supportive group. This is a great opportunity for people who have learned skills for social anxiety or interpersonal effectiveness in CBT or DBT and want more opportunities to practice.

- **Enhance confidence in social settings**
- **Learn how to initiate conversations**
- **Learn how to express positive and negative emotions to others**

#### Date & Time

**Every Wednesday, 6:00pm-7:30PM**

**The next opening for new group members will be Wednesday, October 19th.**

## Upcoming

### Adolescent DBT Grad Group

This once weekly 90-minute group led by Ilana Luft, Ph.D. is for adolescents (8th-12th grade) who have completed a Multifamily Skills Group and would like to continue working on integrating those skills into their daily lives.

#### Date & Time

**Every Monday, 5:30pm - 7:30pm**

**The next opening for new group members will be Monday, October 17th.**

### Mindfulness-Based Cognitive Therapy (MBCT)

MBCT is an evidence-based treatment designed to prevent the recurrence of depression through the practice of mindfulness techniques and group discussion. Led by Rachel Hutt, Ph.D., this 8 week treatment will help you to change your relationship to challenging thoughts and experiences and enable you to participate more fully in the present moment.

#### Date & Time

**Every Monday, 5:30pm - 7:30pm**

**The next opening for new group members will be Monday, October 10th.**

## Staff Spotlight



Dr. Rachel Hutt is the Director of Parenting Services and the Young Adult Program at CBT/DBT Associates, a Visiting Scholar/Clinical Psychology Supervisor at Columbia University, and an Adjunct Clinical Supervisor at Yeshiva University. Dr. Hutt earned her M.S. and Ph.D. in Clinical Psychology from The Pennsylvania State University. She received a B.S. from Cornell University in Human Development, graduating with honors. Dr. Hutt completed her pre-doctoral clinical internship at Westchester Jewish Community Services (WJCS), and her postdoctoral fellowship at CBT/DBT Associates. Dr. Hutt pursued intensive training in mindfulness-based therapies, including Dialectical Behavioral Therapy (DBT) and Mindfulness-Based Cognitive Therapy (MBCT). Dr. Hutt leads the MBCT group, the Young Adult DBT group, and the Wednesday evening adult DBT group weekly.

Dr. Hutt additionally has expertise in cognitive behavioral therapy (CBT) with children, adolescents, and adults with various depressive and anxiety disorders. She also specializes in individual and group CBT-oriented parent coaching for parents with children across the lifespan. Dr. Hutt has several research publications and presentations on the development of emotion regulation in young children in the context of parenting, the promotion of positive emotion and well-being for young children and parents, and the intersection between behavioral and physical regulation of emotion. Her dissertation research examined the association among postpartum mothers' depressive symptoms, exercise, and the use of positive emotions during family interactions.

Dr. Hutt believes that to teach mindfulness, it is important to have one's own mindfulness practice in daily life. In addition to mindfulness retreats, Dr. Hutt has been practicing yoga for about 15 years, and currently views her practice as an opportunity for mindful movement. Dr. Hutt also enjoys other forms of mindful movement including running, cycling, Pilates, and especially hiking through different scenery. She practices daily mindfulness in many forms, including mindful eating, mindfulness while walking, mindfulness while on the subway, mindfulness of the breath, and mindfulness while petting her two cats.

### Skill of the Month

#### Opposite Action

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Have an emotion you'd like to change or decrease? Try the DBT skill opposite action.

In a nutshell, every emotion is accompanied by the urge to take some kind of action. By acting counter or opposite to the urge, you can decrease the intensity of the emotion.

To use opposite action effectively with a particular emotion, you first need to have an awareness of the urge or urges that accompany it. With fear we typically have the urge to run, with anger the urge to attack. If you're having difficulty identifying the action urge for a particular emotion, close your eyes and try to remember what you felt compelled to *do* the last time you experienced it.

In addition to an awareness of the action urge, you also need an awareness of how the emotion affects you

physiologically—your breathing, muscle tension, your heart rate. Next, notice how the emotion affects your body posture and facial expression. Lastly, observe how the emotion affects your thoughts.

Opposite action is most effective when it is done “all the way.” This means that in addition to acting counter to the urge that accompanies an emotion, you reverse the physical effects of the emotion, change your body posture, facial expression and thoughts. For example, if you’re socially anxious and fear going to a party, all the way opposite action is not just going to the party. All the way opposite action is slowing down your breathing, relaxing your body, standing tall at the party, smiling, making direct eye contact, initiating conversation and thinking, “This could be interesting.”

Opposite action is not “faking it till you make it.” It’s not about blocking or suppressing your emotion. Instead, you feel the emotion but as you continue to act counter to it all the way, it decreases in intensity. Sometimes, you might even begin to *feel* the emotion that corresponds to the *opposite action* you used, e.g., interest rather than fear.

Remember, opposite action does not invalidate your emotional experience, but transforms that experience into one that is more likely to bring about desirable outcomes.

### **Resources on Opposite Action:**

*Don't Let Your Emotions Run Your Life* (Spradlin, 2003)

Marsha M. Linehan, Ph.D., DBT Skills Training Manual 2nd Edition (p. 359)

## **Welcome**

Please join us in welcoming new staff psychologist Alison Bellevue, Psy.D.  
and postdoctoral fellow Julie DiMatteo, Ph.D.



Alison Bellevue, Psy.D.  
Staff Psychologist

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Alison Bellevue earned her M.A. in school psychology and Psy.D. in clinical child psychology from Yeshiva University, Ferkauf Graduate School of Psychology. Dr. Bellevue completed an APA Accredited pre-doctoral internship at NYU Langone Medical Center-



Julie DiMatteo, Ph.D.  
Postdoctoral Fellow

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Julie DiMatteo earned her Ph.D. in clinical psychology from Fairleigh Dickinson University. Prior to attending FDU, Dr. DiMatteo graduated from William Paterson University with an M.A. in clinical and counseling psychology. Dr. DiMatteo completed her pre-doctoral

Rusk Rehabilitation, Pediatric Track, where she developed an expertise in neuropsychological assessment and providing psychotherapy to children and adolescents with co-morbid medical diagnoses and their families. Dr. Bellevue completed her postdoctoral fellowship at CBT Westport, where she gained extensive experience providing individual Cognitive-Behavioral Therapy (CBT) to children, adolescents, and adults.

Dr. Bellevue specialized in anxiety disorders, particularly Obsessive Compulsive Disorder (OCD), as well as 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.

You can find Allison's full bio on our website.

internship at Northwell Health System's Zucker Hillside Hospital where she received training in evidence-based interventions for adolescents and adults. In the perinatal outpatient clinic at Zucker Hillside Hospital, Dr. DiMatteo received specialized training in the assessment and treatment of mood and anxiety disorders in women across the reproductive cycle. Dr. DiMatteo also received specialized training in CBT for mood and anxiety disorders at the women's inpatient unit at New York Presbyterian Hospital and has additional training in CBT for Autism Spectrum Disorders from her role as program coordinator of the COMPASS program at FDU.

You can find Julie's full bio on our website.

We are so excited to have both Dr. Bellevue and Dr. DiMatteo on the team and believe their skills and experience are a perfect fit for the practice.

## What We Like

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### **Sharon Salzberg, Reboot Your Work**

A free ten-day meditation and wellness course designed to lead you to greater work happiness

Recommended by:  
Rebecca Skolnik



### **Songify by Smule**

This app turns your spoken words into an auto-tuned song; perfect for combating repeated intrusive thoughts.

Available both for Android and iOS

## Upcoming Group Entry Dates:

**Adult DBT:** Monday, October 10th

Tuesday, October 25th

Wednesday, October 12th

Thursday, September 22nd

**Young Adult DBT:** Tuesday, October 11th

**Adolescent Multi-Family:** Tuesday, October 18th

**Middle School:** Monday, October 10th

**MBCT (Mindfulness-Based Cognitive Therapy):** Monday, October 10th

**DBT Grad Group:** Wednesday, October 5th

**Adolescent DBT Grad Group:** Monday, October 17th

**Navigating the Social Waters with Confidence:** Wednesday, October 19th

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