

cbt
associates®
dbt

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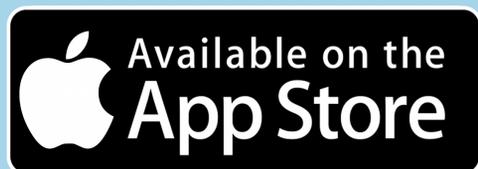


January Newsletter



What's New?

Download our new scheduling app and schedule your own appointments! The app is available in the Apple store via [this link](#).



In the News

With short, intense sessions, some patients finish therapy in just weeks! Research shows that CBT bootcamps, with longer and more frequent sessions, are just as effective for OCD as standard once-weekly CBT. Read more [here](#).



A recent study in the Lancet suggests that team sports may be the most effective exercise for decreasing depression and stress. [Read more](#) about the ways that group activity can give you more benefits than working out alone.

Check Out Our Blog!

New resolutions for the new year? Want to stick to them? Read [here](#) as Dr. Kyle Haney discusses a few easy ways to make the most out of your resolutions this year.



What We Like

Use the Breathe app!
The breathe app guides you through a series of deep breaths, and it reminds you to take time to breathe every day.



Be still, and
bring your attention
to your breath.

Staff Spotlight

Michelle Vaysman joined the CBT/DBT Associates team this Fall as Postdoctoral Fellow. Dr. Vaysman obtained her Psy.D in Clinical Psychology from Nova Southeastern University. Read more about Michelle [here!](#)



Koan of the Month

What is the sound of one hand clapping?

Upcoming Programs

Adult Workshops

CBT Bootcamps

- Couples Therapy: An Introduction
- OCD
- Panic Disorder

CBT Workshops

- Organizational Skills 101
- Depression 101
- Trauma 101
- Smoking Cessation

[Read More](#)

Child & Adolescent Programming

Social Skills

- CBT Social Skills Group: Adolescent Social Anxiety

High School

- Navigating High School: a CBT-Informed Discussion Group
- Organizational Skills Training for Middle School Students

[Read More](#)

DBT Skills Training Groups

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

[Read More](#)

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

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

change these patterns to improve daily functioning and life satisfaction. [Learn more here.](#)

variety of ways.
[Learn more here.](#)



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