



# Newsletter

April / May 2018

## New & Upcoming Groups

### CBT Group for Insomnia (CBT-I)



In this new, 4-week group offering, participants struggling with insomnia will learn how thoughts, lifestyle, and environmental factors affect sleep as well as the skills needed to combat restlessness. An optional fifth session will be offered for individuals who experience chronic, repetitive nightmares.

Learn more [here](#).

**Beginning April 10th,**  
*Tuesdays 10:00-11:00AM*  
*New sessions offered monthly*

Led by [Tory Tomassetti, Ph.D.](#)

### Friends & Family DBT Skills Group



This group is designed for the friends, family members, partners, and caregivers of individuals who struggle with [regulating intense emotions](#). While well suited to friends and family of individuals concurrently enrolled in our [DBT program](#), this group is open to anybody who would like to learn DBT skills to help a loved one.

Learn more [here](#).

**Beginning this Spring**  
*Mondays 6:00-7:30 PM*

Led by [Haley Rottenberg, Psy.D](#)

## Community Nights 2018

We are excited to offer a new series of Community Night workshops for 2018! Join us on the **first Thursday of every month (Wednesday in April) at 7 PM** for our **free [educational series](#)** open to clients and the public.

### Spring Schedule

#### ***April 4th (\*Wednesday): Finding Focus***

***Led by Kristen Roman, Psy.D.***



One of our most popular workshops from last year, Finding Focus returns to help you build the skills necessary to achieve your academic or work-related goals. Participants will learn simple and attainable strategies to deal with distractions, manage their time, stay organized, and ultimately lead a more active and productive lifestyle.

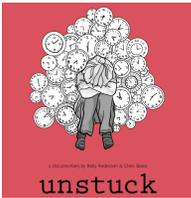
#### ***May 3rd: Cyber Safety***

***Led by Alison Bellevue, Psy.D.***



This workshop will address the many concerns of parents, teachers, and caregivers have about children and teens spending increasing time online. Participants will learn how and when to set boundaries, what safety issues to look for, and how to address problems related to the use of new and changing technologies.

#### ***June 7th: Unstuck: An OCD Kids Movie, Screening & Discussion***



Created by Kelly Anderson and Chris Baier, *UNSTUCK* is a documentary dedicated to uncovering more about OCD through the unique journeys of six children dealing with the complexities of their diagnoses. By reframing what we know about OCD, Anderson and Baier hope to spread awareness and encourage other families to seek treatment.

**Interested? [Register here.](#)**

## 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 [Parenting a Child with Anxiety](#).

## Staff Spotlight

## Tory Tomassetti, Ph.D.



[Tory Tomassetti](#) earned her Ph.D. from the University of Southern Mississippi counseling psychology program. She completed an APA-accredited internship and postdoctoral fellowship at the New Orleans VA, where she specialized in the assessment and treatment of anxiety and trauma-related disorders. In addition to her clinical work, Dr. Tomassetti was the lead researcher in a trial which examined the effects of a novel intervention for persons with chronic sleep disturbance.

Prior to joining CBT/DBT Associates, Dr. Tomassetti served as a staff psychologist and was the Associate Clinical Director of the Cognitive Behavioral Therapy Center of New Orleans. While at CBT NOLA, Dr. Tomassetti further refined her expertise in the treatment of individuals with anxiety and related disorders, including [phobias](#), [social anxiety](#), [generalized anxiety](#), and [obsessive-compulsive disorder](#). Additionally, she devoted much of her practice to the behaviorally-focused treatment of couples.

Dr. Tomassetti is now pleased to return to the northeast and experience all that New York City has to offer. In addition to her practice, which relies heavily on her resiliency-based approach to wellness, Dr. Tomassetti enjoys a strong work-life balance. In between exercise classes, she enjoys running, dining, and experiencing the arts. In both professional practice and personal life, Dr. Tomassetti believes that psychological wellness is achieved through commitment and intentionality- choosing goals, activities, and people that further one's sense of well-being and purpose.

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*Dr. Tomassetti is a senior staff psychologist at CBT/DBT Associates.*

*She is pleased to offer a variety of evidence-based treatments at CBT/DBT Associates, including short-term therapies for problems such as specific phobias and insomnia, and more intensive therapies for problems such as trauma-related disorders, OCD, and couples' distress. Beginning this April, Tory will be leading a four-week [CBT Group for Insomnia \(CBT-I\)](#).*

*For more more information or to schedule and intake with Dr. Tomassetti, call us at 212-546-9200 or fill out [this form](#) on our website.*

### **Skill of the Month**

#### **Self Soothe**

Often, Springtime can usher in feelings of rejuvenation and newfound wellness. But, even as the weather gets warmer and our social lives bounce back after a winter hiatus, negative thoughts, emotions, and personal crises can still arise. It's in these moments that it's important to remember to practice self-care, and in particular, our DBT Skill of the Month: *Self Soothe*.



Self-Soothing techniques are predominantly physical, and involve the five senses to help calm and comfort oneself and Spring presents some especially great opportunities to Self-Soothe when you get overwhelmed:

- **Vision:** Focus on seeing something that gives you pleasure or comfort. Take a walk outside in a beautiful part of town and observe your surroundings. See a nice film, buy some flowers, or watch the sunset from the pier.
- **Hearing:** Listen to calming or beautiful music and sounds. Go outside and focus on what you can hear that is peaceful or natural. See a concert in a park - be mindful of what you are hearing and experiencing from these experiences.
- **Smell:** Pay attention to the variety of smells around you, whether that be the smell of breakfast, flora in Central Park, or the sea air at Coney Island. If you can't be outside, bake something or light a candle and focus on your sensory experience.
- **Taste:** Allow yourself to have a delicious treat, but take in each bite slowly and mindfully. Consider the taste, texture, and temperature. Take the time with your food to enjoy how it makes you feel.
- **Touch:** Feel the breeze on your face, go swimming on a hot day, or put on a cozy robe inside. Be mindful of these sensations across your body.

It may take some practice to attend to these sensations non-judgmentally and without labeling, but being mindful of our sensory experience is both calming and intensely rewarding. In other words, not only can this practice help to self-soothe when you are feeling down, but it will also enrich all of your emotional experience, good and bad.

### Resources on Self Soothe

**Marsha M. Linehan**, Ph.D., DBT Skills Training Manual 2nd Edition (pg. 248-256)

## What We Like

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### [Mindfulness At Work](#)

"[Mindfulness] tips designed to be worked *into* your day, not added to it."



### [Slamdunk! NBA Players Aim to Erase Stigma](#)

The NBA is pushing to implement institutional reforms to better serve players - and inspire fans - with regard to mental health.

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## 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.

Learn more [here](#).

## 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 [here](#).

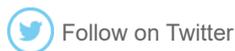
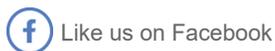
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## Want to learn more about our practice?

[Visit our website](#)

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## Join the conversation!



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