



# Newsletter

August/September 2018

## New & Upcoming

### Adult Programming

#### Year-Round DBT Intensive



One of our most popular offerings, the Adult DBT Intensive is an accelerated program designed for clients interested in completing a full DBT Skills group in half the usual time. This group is perfect for new clients who are interested in a more time-limited treatment or for existing clients who would like to complete additional cycles at a more rapid pace.

Learn more [here](#).

#### **Rolling Admission**

*Mondays & Thursdays 12:00-1:30PM*

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

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



In this 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 September 4th,**

*Tuesdays 10:00-11:00AM*

*New sessions offered monthly*

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

## Child & Adolescent Programming

### [Achieving High School Success: CBT-Informed Discussion Group](#)



High School is an exciting time, spent forming lifelong friendships and discovering who you are. It also presents unique challenges that may be difficult to overcome. [Achieving High School Success](#) is a new, CBT-informed, participant driven group designed to help tackle these formative years.

Learn more [here](#).

**Beginning in October**  
*Exact Time and Day TBD*

Led by [Alison Bellevue, Psy.D.](#)

### [Building Foundations for Middle School Success](#)



This 2-session workshop is designed to bolster academic success and independence for middle school students who have difficulty staying organized and managing their time. Participants and their parents will learn techniques and procedures for staying on top of their assignments and reducing homework hassles.

Learn more [here](#).

**Saturdays September 8th and 15th**  
*10:30AM-12PM*

Led by [William Benson, Psy.D](#)

## [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.

## [Koan of the Month](#)



A favorite meditation tool of practice director, Dr. Lisa Napolitano, a Koan is a riddle or paradox used by Zen Buddhists during meditation to help them see truths about themselves and the world.

By focusing our awareness on the paradox the koan presents, we train our minds to abandon their ultimate dependence on reason and create opportunities to experience intuitive understanding.

To integrate the Koan into your usual meditation practice: breathe naturally and reflect on the phrase. Some people mentally repeat the Koan in time with their breathing like a mantra. Don't worry about "figuring it out," Koans don't have specific "answers" and don't pose any specific questions.

Koans can be many things: they're often insightful, sometimes witty or funny, and always illuminating. We hope you'll join us in the coming months as we publish some of our favorites and work to integrate them into our own practice.

## ***This Month's Koan***

*Out of nowhere, the mind comes forth.*

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"A koan is a little healing story, a conversation, an image, a fragment of a song. It's something to keep you company, whatever you are doing. There's a tradition of koan study to transform your heart and the way you move in the world." - LionsRoar.com

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## **Skill of the Month**

### **Cope Ahead**

Summer's end and a return to our regular routines - whether a new school year or diving back into a job you love - may be accompanied by feelings of anxiety or stress, as exams or important deadlines approach. It's in these moments that it's important to remember to practice self-care, and in particular, our DBT Skill of the Month: Cope Ahead.



Coping Ahead involves imaginary rehearsal of situations that may bring unwanted emotions. To use Cope Ahead, first identify a particular situation and decide what skills you will use to more effectively manage your emotions and behavior in that situation. Next, imagine yourself in the situation as if it's happening in real time, feeling the emotions and urges you would be feeling. Then, imagine yourself using skills to cope effectively. Imaginary practice of skills when experiencing unwanted emotions enhances our ability to use skills effectively in actual situations.

It may take some practice with Cope Ahead before you see improvement in how you handle real-life situations, but doing so will help you feel confident and prepared for even the most challenging circumstances. Cope Ahead practices will also help build self-confidence; this DBT skill, therefore, will truly improve your emotional wellbeing.

### Resources on Coping Ahead

**Marsha M. Linehan, Ph.D.,** DBT Skills Training Manual 2nd Edition (pg. 392-396)

## What We Like



[Why Companies Should Hire Anxious Employees](#)

"I've come to realize my anxiety isn't

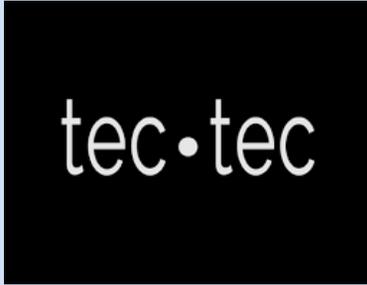


[To Counter Loneliness, Find Ways to Connect](#)

Much of modern life, though seeming to promote connectivity, has had the opposite

holding me back at work but actually making me a better employee."

effect of fostering social isolation and loneliness, experts say.



### [Tec Tec App](#)

Harvard's [Nock Lab](#) [demonstrated](#) that the incredible (and free) Tec-Tec app significantly reduces self-injury, suicidal plans, and suicidal behaviors.

*"By continually pairing certain words and images, it changes associations with certain objects and concepts. Within a game-like design, Tec-Tec seeks to change associations with certain factors that may increase risk for self-injurious behaviors."*



Available on [Android](#) and [iOS](#)

### 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?

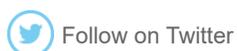
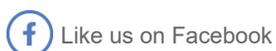
[Dialectical Behavior Therapy](#) (DBT) is a highly specialized form of CBT designed to help people who have pervasive difficulties managing their emotions. These difficulties may be apparent in a variety of ways.

Learn more [here](#).

**Want to learn more about our practice?**

[Visit our website](#)

**Join the conversation!**





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