



April Newsletter / Anniversary Edition



Celebrating 10 years of helping clients
build a life worth living.

This month we are celebrating the 10-year anniversary of CBT / DBT Associates!

You are invited to come meet our clinicians, network with fellow professionals, see our beautiful space, and enjoy light refreshments at our anniversary party.

Wednesday, May 15th, 6:00PM - 8:00PM
CBT / DBT Associates, 501 Madison Avenue, Suite 303, New York, NY 10022

Please RSVP by replying to this email,
or call us at (212) 546-9200

What's New?

Psychoeducational Assessments

CBT/DBT Associates is pleased to now offer psychoeducational assessments for children and adolescents ages 3-18. These assessments can be used to determine the following:

- ADHD diagnosis
- Learning disability diagnosis



- School readiness
- Accommodations for standardized tests such as the SAT, ACT, ISEE, SSAT.



In The News

Thrill Ride Therapy: Can Roller Coasters Fight Anxiety?

Learn how a group of students face their fears through exposure therapy. Read the story [here](#).



What We Like

ReachOut Breathe

ReachOut Breathe is an app for reducing anxiety and physical symptoms of stress through controlled breathing and slowing down your heart rate.



Staff Spotlight

Alison Bellevue, Psy.D. | Director of Child, Adolescent, and Family Services

Prior to becoming a psychologist, Dr. Bellevue worked as a middle school special education teacher. This experience influences her work as a psychologist, as she passionately finds new and creative ways to connect with clients and teach them skills to more effectively understand and regulate their emotions.

Outside of work, Dr. Bellevue is often looking for a way to get out of the city and into nature. Hiking, camping, swimming, and baking are her preferred ways to relax.

Our Upcoming Programs

**Face Your Fears:
OCD Group for Kids**

**Navigating the Social
Challenges of High School**

- In this 8-week group, children in elementary school and middle school will support and encourage each other to fight their OCD.

- Summer workshop, **specific days and times to come.**

- In this 6-week group, adolescents will have the opportunity to practice social skills with each other.

- Group will begin on **Thursday, May 16th from 4:45pm-6:00pm.**

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

For more information and to register, fill out [this form](#) or call us at (212) 546-9200.

Want to learn more about our practice?

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