



# Newsletter

December 2016

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## **New Offerings for Children and Parents**

We're excited to introduce an expanded selection of child, adolescent, and family programming starting in January that will include midday parenting groups, adolescent CBT groups, and free monthly community workshops, in addition to our existing offerings.

### **Parenting a Child with Anxiety**

This 8-week workshop series, led by Alison Bellevue, Psy.D., is designed to give caregivers of anxious children (ages 8-14) a better understanding of their child's anxiety and the skills needed to support their child.

#### **Date & Time**

**Every Tuesday, 11:00 AM - 12:15 PM**

**Starting Tuesday, January 10th, 2017**

Learn more about our Middle School Program and expanded offerings.

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### **Adolescent Social Anxiety Group**

This 8-week CBT-informed social skills group is designed to help teenagers navigate new and challenging social environments. Participants will learn coping skills to reduce anxiety and increase confidence.

#### **Date & Time**

**Every Tuesday, 5:00 - 6:30 PM**

**Starting Tuesday, January 10th, 2017**

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### **Free Community Workshop**

We are pleased to offer a new, free monthly workshop series geared toward the needs of the community. Staff psychologists from CBT/DBT Associates or local experts will present information on a different topic each month. The first topic will be bullying.

#### **Date & Time**

**First Thursday of every month from 7:00 - 8:00 PM**

**Starting in February, 2017**

**More information to come.**

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## Staff Spotlight: Kristen Roman, Psy.D.



Dr. Kristen Roman is a staff psychologist at CBT/DBT Associates. Dr. Roman leads the Thursday evening adult DBT skills group and is excited to be starting a new CBT group at the practice called Navigating the Social Waters with Confidence, which will blend social skills training with DBT skills. Beyond her practice of mindfulness as a DBT therapist, Dr. Roman enjoys practicing mindfulness while doing hot yoga and spending time outdoors. She finds that mindfulness helps her savor the moment when engaging in her favorite outdoor activities, including camping and running to explore the various cities she's lived in the past few years.

Dr. Roman earned her Psy.D in Clinical Psychology from Rutgers University Graduate School of Applied and Professional Psychology. Prior to attending Rutgers, Dr. Roman graduated from Emory University with a B.A. in Psychology. Upon starting graduate school, Dr. Roman was quickly drawn to Dialectical Behavior Therapy (DBT) because of its nonjudgmental and positive approach to working with clients. This along with DBT's focus on mindfulness practice fit well with Dr. Roman's personal values and interests, as she had been practicing yoga since high school. Throughout graduate school, Dr. Roman worked at the Rutgers University Dialectical Behavior Therapy (DBT) Clinic under the mentorship of Dr. Shireen Rizvi and trained as an individual DBT therapist, DBT skills trainer, and clinical researcher for four years. She found that the skills-building model in DBT fit well with her desire to help others develop a sense of self-efficacy, which later became the topic of her dissertation. She completed her pre-doctoral clinical internship at UCLA Counseling and Psychological Services and her postdoctoral fellowship at CBT/DBT Associates.

In addition to DBT, Dr. Roman has extensive experience providing CBT for adults more broadly, with specialized knowledge in the areas of anxiety and mood disorders, eating disorders, and trauma. While training at the University of Pennsylvania, she developed a passion for implementing exposure therapy for anxiety disorders and trauma. Dr. Roman also has a special interest in working with undergraduate and graduate students after having worked at both the UCLA and Rider University student counseling centers.

Dr. Roman continues to look for opportunities to contribute to the DBT community beyond her work as a therapist, and she is currently working on a book chapter on strategies for skills generalization in DBT.

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## Skill of the Month

### GIVE



As we begin the holiday season and anticipate spending more quality time with family and friends, it's worth reflecting on those relationships and the happiness - and occasional frustration - they add to our lives. Moreover, the holiday season gives us the opportunity to consider how we maintain those relationships and how DBT Skills can help strengthen them.

**Our skill this month is *GIVE*, an acronym which guides interpersonal interaction and provides a foundation for meaningful and long-lasting relationships. *GIVE* reminds us to do the following when interacting with others:**

**G - (be) Gentle:** Be kind and considerate in how we approach our interactions with others. Being gentle means reserving judgment, making reasonable requests, and respectfully tolerating our own and others' limits.

**I - (act) Interested:** Really listen to what others have to say and focus on staying in the moment. Pay attention, maintain eye contact, and avoid interrupting or talking over others. Keep in mind that both verbal and non-verbal cues can help show you're interested.

**V - Validate:** Acknowledge another person's problems, feelings, desires or opinions. Provide validation *out loud*: "I totally understand why you feel that way," and "I can see why this is important to you."

**E - Easy Manner:** Try to be lighthearted and flexible. A little humor goes a long way!

While important in all interactions, *GIVE* becomes especially useful - and all the more difficult to practice - when we're feeling frustrated, angry, or anxious (as often happens around the holidays). Remember that building lasting and meaningful relationships requires some effort, but with the right tools and support, our investments can bring boundless returns.

As you gather with your loved ones this year, remember to *GIVE*, be present in the moment, and mindful of the time you get to share.



**The New York Times Wellness  
Blog:**  
How to Meditate



**Emotions Matter: A Short Film About  
Borderline Personality**

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### 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 Emotional Eating.

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