



Newsletter

June 2016

What's New

BREAK THE BINGE! DBT for Binge Eating



Binge eating is often used as a way to decrease distress or temporarily escape from a moment and avoid feeling uncomfortable emotions. This 20-week group led by **Dr. Rebecca Skolnick** is an adapted version of DBT specifically designed to stop binge eating. Group members will learn mindfulness, emotion regulation, and distress tolerance skills to manage emotions so that they no longer rely on binge eating as a coping strategy. This group serves as a stand-alone treatment, and is appropriate for adults age 18+.

Date & Time

Every Tuesday

from 6:30pm - 8:30pm

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.

Staff Spotlight



Dr. Rebecca Skolnick is a staff psychologist and Director of the Eating Disorders Program at CBT/DBT Associates. She provides individual and group CBT and DBT to adolescents and adults with a range of presenting issues including anxiety, depression, eating disorders, and self-injurious behaviors. This summer, Dr. Skolnick will teach a master's level course in theory and practice of DBT as an Adjunct Assistant Professor at City College of New York. She will also supervise medical residents on CBT cases as an Adjunct Assistant Clinical Professor at the Icahn School of Medicine at Mount Sinai Hospital. Dr. Skolnick has several research publications and presentations related to anxiety and eating disorders. In the Fall, she will be giving a workshop on CBT and DBT perspectives on eating disorder treatment at LIU Post's Ninth Annual Mental Health Counseling Symposium, and a workshop on DBT for disordered eating behaviors at Adelphi University's School of Social Work. Dr. Skolnick is the Local Arrangements Chair for the Association for Behavioral and Cognitive Therapies (ABCT) Convention 2016, the Secretary/Treasurer of the CBT Division of the New York State Psychological Association, and an active member of the Academy for Eating Disorders and the New York Chapter of the International Association of Eating Disorders Professionals Foundation.

What We Like/Staff Pick

REbeL

A student-driven, peer education program addressing body image issues and disordered eating for adolescents.

Atlas of Emotions

Created by the Dalai Lama and Paul Ekman, this atlas aims to "increase understanding of how emotions influence our lives".

MindUP

This program (founded by Goldie Hawn) combines neuroscience, positive psychology, and mindfulness to enhance learning and development within the classroom for both children and teachers.



Skill of the Month

The Half-Smile Technique

When we half smile, we practice acceptance but acceptance doesn't mean approval of the painful situation. Rather, **it is non-judgmentally acknowledging its existence without demanding it end or change.** The half smile is a way to practice reality acceptance with the body in order to decrease distress. Often our distress in a painful situation is the result of fighting it or refusing to accept it. Our refusal may be accompanied by increased bodily tension including tension in the face.

To begin, bring your awareness to tension you are holding in your face and let it go.

Allow the lips to gently part and slowly turn the upper lip up. It is subtle change in facial expression. It's not really half of a smile, so much as a serene facial expression. Although the half smile is not directed to other people, it may have the added benefit of making you look more approachable to others.

Pick times to practice, some of which may be recurring situations that are accompanied by unwanted negative emotions. For example, half smile when you're stuck in traffic, when the subway is delayed, or while you're waiting in line at Kinkos. You may find that the half smile increases your ability to tolerate these situations.

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