



# Newsletter

October / November 2017

## What's New

### **OCD & Specific Phobia Intensive Treatments**

We're now accepting intakes for any clients seeking an intensive (multi-weekly, extended length) treatment for OCD or phobia. Contact our front desk for more information.

### **CBT for Social Anxiety: Adolescent Social Skills Group**



Making and keeping friends is an important aspect of life, particularly for adolescents. In this 8-week CBT group for teenagers experiencing social difficulties, participants will:

- Learn coping skills to effectively manage anxiety
- Increase social awareness and social skills in order to appropriately respond to social norms and subtle cues
- Have the opportunity to practice learned skills in the moment within a small and supportive community

**Beginning this Fall**, sessions will run **once weekly for 90 minutes.**

**Exact date and time TBA.**

**Led by Jessica Nagel, Psy.D.**

## Upcoming

### **Organizational Skills Training for Middle School Students**



This new group is designed for students ages 11 to 14 who struggle with remembering homework, organizing materials, managing their time, and planning multi-step assignments. Organizational Skills Training (OST) is an evidence-based intervention shown to be effective at significantly improving organizational skills in students with ADHD. In this 10-week group, students will learn effective routines to improve their organizational, time management, and planning (OTMP) skills and increase their academic success. Parents will also participate in a portion of each session, working together with their student to establish behavioral contracts to promote regular practice so that these new routines become habits.

**Beginning this Fall**, sessions will run **once weekly for 90 minutes.**

**Exact date and time TBA.**

**Led by William Benson, Psy.D.**

## Community Nights

Join us on the **first Thursday of every month at 7 PM** for our **free** educational series open to clients and the public. Staff psychologists and local experts will present on a variety of topics which address the interests and needs of our community. At each presentation participants will have the opportunity to meet our staff, ask questions, and discuss that week's topic with other interested members of the community.

### **Next:**

### ***November 2nd - How to Choose a Therapist: Adult Treatment Options***

**7:00 PM | Led by CBT/DBT Associates Director, Lisa Napolitano, Ph.D.**



Whatever your reason for seeking therapy, this free workshop is designed to help you determine which treatment options are right for you. We'll disentangle acronyms and accreditations (Psy.D., LMSW, Post-Doc, etc.), discuss what the start of treatment typically looks like, and introduce you to the wealth of evidence-based treatment options (and what "evidence-based" means) across age groups and for any presenting problem.

### **Upcoming Community Nights Schedule**

***December 7th - Unstuck: An OCD Kids Movie - Screening and Discussion***

***February 1st, 2018 - Parenting Kids with ADHD***

***March 1st, 2018 - Coping with Divorce***

**Interested?** Register on our Website 'Resources'

## 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.

### **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.

### **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 Jessica Nagel, Psy.D.



Dr. Jessica Nagel completed her postdoctoral fellowship and pre-doctoral clinical internship at Mount Sinai St. Luke's Hospital where she specialized in treating children, adolescents, and their families. Dr. Nagel worked in the outpatient department, inpatient department, Parent-Infant Center, and the Comprehensive Adolescent Rehabilitation and Education Service (CARES), an adolescent day program that provides intensive therapy, substance treatment, and educational services. At Mount Sinai, she specialized in treating co-occurring disorders (substance and mental health) and ran adolescent DBT skills groups, trauma, and substance use groups. Prior to her fellowship she graduated *Magna Cum Laude* from New York University where she received her bachelors degree in Sociology and earned her doctorate from PGSP-Stanford Consortium.

During her doctoral training, Dr. Nagel worked at Stanford University Children's Hospital where she trained as an individual and group CBT therapist, specializing in anxiety, mood, and trauma disorders. At Stanford, she conducted neuropsychological evaluations, provided individual and group therapy for children with social anxiety and parallel psychoeducation groups for their parents, and received specialized training and certification in Trauma Focused Cognitive Behavior Therapy (TF-CBT).

Dr. Nagel hails from Berkeley, California and outside of her work at the practice loves running and dogs. Whatever she's doing, you can almost always find her with a cup of coffee in her hand. Part Israeli and a fluent Hebrew speaker, we're especially excited to announce that Dr. Nagel is able to offer our full range of individual services in Hebrew (call 212-546-9200 to schedule an initial consultation).

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*Dr. Nagel is a staff psychologist at CBT/DBT Associates. She co-leads the Monday evening Middle School Multi-Family DBT skills group as well as the Tuesday evening Adult DBT group and is excited to be leading a CBT-informed social skills group for adolescents with Social Anxiety this fall.*

### Skill of the Month

#### **Willingness**

The transition between autumn and winter can often make us feel like we're stuck. The days are getting shorter and we're probably spending a bit more time indoors. Perhaps work is becoming tedious or maybe you find yourself losing the initial burst of motivation you had when the school year began.

No matter your circumstance, it's in these moments that it's especially important to practice the skill of **willingness**, defined by Dr. Marsha Linehan as "the readiness to respond to life's situations wisely, as needed, voluntarily, and without grudge." This isn't limited to simply trying new things: *willingness* can also extend to fulfilling daily activities (whether it be schoolwork, something career-related, or maintaining relationships with those we care about).

## Skill of the Month Continued

It's also worth noting that as we practice *willingness*, we must take care to avoid being *willful*. While willingness is about doing what's needed in the reality we're actually in rather than the one we'd like to be in, willfulness is about refusing to do what's needed and closing ourselves off to the current situation. Willfulness may result from fear or anxiety and is often reflected in the desire to impose our will on or control the current situation. In short, willingness and willfulness are polar opposites.



Identifying circumstances in which we are willful is the first step in replacing it with willingness. Often, willfulness is accompanied by increased muscle tension and a closed off body posture. If you're noticing that you're resistant to your current circumstance, uncross your arms, unclench your fists, let go of physical tension, and breathe. Opening your posture and mind to the situation at hand will help you to become more **willing** and better prepare you to address whatever might come your way.

## What We Like

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### [Unstuck: An OCD Kids Movie](#)

*"A beautiful and honest peek into the world of childhood OCD."*

**FREE Screening & Discussion  
at CBT/DBT Associates:  
December 7th, 7PM**



### [How to Drink a Mindful Cup of Tea](#)

*"A cup of tea or coffee is a nice break.  
Drinking it mindfully is a real break."*

A wonderful mindfulness practice for these cold weather days.  
**From *lionsroar.com***