

Jenny L. Taitz, Psy.D., Post-Doctoral Fellow, graduated Magna Cum Laude from New York University and earned her doctorate in clinical psychology at Ferkauf Graduate School of Psychology. Dr. Taitz is a post-doctoral fellow at the American Institute for Cognitive Therapy. She completed a pre-doctoral fellowship at Yale University School of Medicine where she specialized in Dialectical Behavior Therapy (DBT) for co-morbid substance use and personality disorders and Behavioral Health. As an intensively trained DBT clinician, Dr. Taitz incorporates mindfulness, acceptance, and motivational enhancement with traditional cognitive behavioral therapy. In addition to treating a diverse range of problems such as depression, generalized anxiety disorder, panic disorder, specific phobias, social phobia and borderline personality disorder, she also provides psychotherapy to patients with medical problems. Her research has focused on the efficacy of a self-administered mindfulness intervention and mechanisms of change in mindfulness treatments. Dr. Taitz is a psychologist in training at AICT.

For questions and additional information about our program, please contact
Jenny L. Taitz, Psy.D. at (212) 308-2440.

CHANGE

EMOTIONS



BEHAVIOR

THOUGHTS

ACCEPTANCE

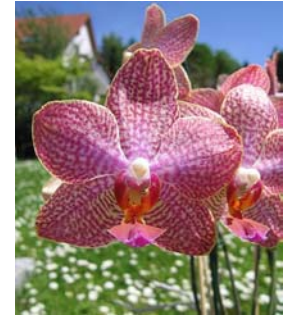


American Institute for Cognitive Therapy

136 East 57th Street
Suite 1101
New York, NY 10022

Phone: 212-308-2440
Fax: 212-308-3099

American Institute for Cognitive Therapy



Dialectical Behavior Therapy

136 East 57th Street
Suite 1101
New York, NY 10022

Phone: 212-308-2440
Fax: 212-308-3099



Dialectical Behavior Therapy Program at AICT



AICT offers Dialectical Behavior Therapy (DBT) skills training groups and individual DBT therapy. Clients can pursue both individual and group DBT at AICT. DBT skills training groups teach practical strategies to cope with emotions in a structured format. Skills training groups may be a helpful addition to individual therapy. Many clients describe DBT as teaching “life skills.”

What is DBT?:

DBT was developed by Dr. Marsha Linehan, a psychologist and researcher, to treat problems in emotion regulation. DBT includes a simultaneous emphasis on acceptance and change. While DBT was originally created to treat individuals with Borderline Personality Disorder, it has since been found to be effective in treating a variety of other disorders including problems with substance use and eating disorders.



Target Population:

This group is geared towards relatively high functioning individuals. Clients must be working, attending school, or volunteering in order to participate in the group.

Individual DBT:

Individual DBT is an essential aspect of participation in a comprehensive DBT program. Therapists work collaboratively with you, tailoring treatment to your unique life circumstance. Therapy will address problems that interfere with your quality of life, help you take steps toward building a life you want to live, and promote self-acceptance. Sessions are generally once a week.

Skills Training Groups:

Starting in late October, AICT will offer weekly DBT skills training on Tuesday evenings from 7-8:30pm. The group meets for 90 minutes each week. It takes approximately 4 months to complete the program and the group is open. New members may join when new skills modules are introduced, approximately once each month. Many clients find it valuable to repeat the group after 4 months to continue to review and practice using skills. Clients are required to be in individual therapy in order to participate in the DBT group.

Modules include the following skill topics:

Mindfulness:

A “core” DBT skill, mindfulness involves paying attention, in the moment, non-judgmentally to live your life in a deliberate manner.

Emotion Regulation:

Learn the function of emotions and improve your ability to describe, change, and cope effectively, rather than let emotions control you.

Distress Tolerance:

Manage crises without making your problems worse.

Interpersonal Effectiveness:

Attend to your needs and improve relationships.