
Jenny L. Taitz, Psy.D., Director of the Dialectical Behavior Therapy Program, Clinician, graduated Magna Cum Laude from New York University and earned her doctorate in clinical psychology at Ferkauf Graduate School of Psychology. Dr. Taitz completed a post-doctoral fellowship 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 an adjunct professor in the clinical psychology doctoral program at Yeshiva University and a regular contributor to the Urban Mindfulness blog.

For questions and additional information about our program, please contact
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CHANGE

EMOTIONS



BEHAVIOR

THOUGHTS

ACCEPTANCE

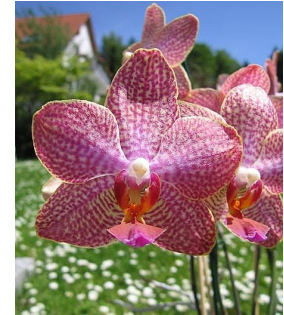


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Dialectical Behavior Therapy Program at AICT



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:

AICT offers two weekly DBT skills training . 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 month to continue to review and practice using skills. Clients are required to be in individual therapy in order to participate in the DBT group.

College Students, and Young Adults

DBT group for college students and young adults who struggle with emotions and/or problem behaviors. The group will meet each Thursday from 5:15-6:45 pm.

Adult DBT Group

DBT group for a adults of all ages meets on Tuesdays from 7-8:30 pm. Enrollment is ongoing.

Modules 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.