

DBT STAFF Continued...

Hospital Center with academic affiliation at SUNY Downstate Medical Center in Brooklyn. In this capacity, she is a member of a transdisciplinary treatment team, provides supervision, and conducts training seminars for psychology interns, psychiatry residents, and hospital staff. Dr. Horowitz is also an adjunct professor at Iona College in New Rochelle. She has conducted research examining the relationship between social problem solving, physical functioning, and depression in Amyotrophic Lateral Sclerosis (ALS) patients. Additionally, Dr. Horowitz contributed to research examining quality of life factors in ALS patients.

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 DBT for Adolescents program, please contact Melissa Horowitz, Psy.D. at (212) 308-2440 or email intake@cognitivetherapynyc.com.

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Dialectical Behavior Therapy for Adolescents



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What is DBT for Adolescents?

Dialectical Behavior Therapy (DBT) was originally developed for adults by Dr. Marsha Linehan, psychologist and researcher at the University of Washington, and later adapted for use with adolescents. This evidence-based approach has been found to be an effective treatment for individuals with problems regulating emotions, including borderline personality disorder. AICT's comprehensive DBT program for adolescents incorporates the research and practical teachings of Dr. Alec Miller and Dr. Jill Rathus. This treatment is for teens who may be struggling with one or more of the following:

- Difficulty Regulating Emotions
- Intense Anxiety, Depression, Anger
- Adolescent/Parent/Family Dilemmas
- Substance Abuse
- Self-Harm
- Eating Disorders
- Relationship Conflicts
- Confusion About Self



Individual DBT

Individual DBT is a treatment program designed to help adolescents become more knowledgeable and confident in their ability to: (1) understand and learn ways to manage overwhelming emotions, (2) effectively work through difficult situations, and (3) improve relationships that are important to maintain. For optimal treatment results, it is recommended that adolescents attend individual therapy sessions once a week while at the same time they and their parent's attend the DBT Multi-Family Skills Training Group.

DBT Multi-Family Skills Training Group

Adolescents and their parents will attend a 2 hour weekly skills groups for 20 weeks. The format is designed to teach adolescents and their parents a new and effective skill set organized into the following five modules: (1) Mindfulness, (2) Emotion Regulation, (3) Distress Tolerance, (4) Interpersonal Effectiveness, and (5) Walking the Middle Path. This group helps parents understand, respond to, and effectively help their adolescent become more adaptive in managing day to day emotions and behaviors. New families will be invited to join the group when each new skill module is introduced, which occurs every 4-5 weeks.

The DBT Multi-Family Skills Training Group is generally offered Wednesday evenings 7:00 – 9:00 pm.



DBT CLINICIANS

Melissa D. Horowitz, Ps.yD., Director of Eating Disorders and Weight Management Program, Clinician, received her B.A. from the University of Massachusetts at Amherst and her Psy.D. in clinical psychology from the Philadelphia College of Osteopathic Medicine. She completed her predoctoral internship at the Waianae Coast Comprehensive Health Center in Hawaii and her postdoctoral fellowship at the Cognitive and Behavioral Consultants of Westchester in White Plains. Dr. Horowitz received advanced training in cognitive behavior therapy at the Beck Institute for Cognitive Therapy and Research, the Center for Weight and Eating Disorders at the University of Pennsylvania, and the American Institute for Cognitive Therapy (AICT). Dr. Horowitz specializes in working with adolescents, adults and couples. She has extensive experience in the treatment of mood disorders, anxiety, chronic illness, eating disorders, weight management, obesity, school/career issues, and relationship/marital conflict. She has also been intensively trained in dialectical behavior therapy to treat multi-problem behavior including self-injury and borderline personality disorder. In addition to working with clients at AICT, Dr. Horowitz also serves as a supervising psychologist at Kings County

Continued on back