Melissa D. Horowitz, Psy.D., Director of Eating Disorders and Weight Management Program, Clinician, received her doctoral degree from the Philadelphia College of Osteopathic Medicine. She is a New York State licensed psychologist with extensive experience in cognitive behavior therapy (CBT), dialectical behavior therapy (DBT), social problem-solving, motivational interviewing and mindfulness-based approaches. She works primarily with adolescents, adults, couples and families. Dr. Horowitz specializes in the treatment of eating disorders and body image concerns in both men and woman. She also treats and specializes in mood and anxiety disorders, including generalized anxiety, social anxiety, separation anxiety, obsessive compulsive disorder, panic disorder and phobias. Additional areas of expertise include body dysmorphic disorder, personality disorders, trichotillomania, substance abuse and chronic health issues. Dr. Horowitz has been intensively trained in working with adolescents and adults struggling with low frustration tolerance, impulsivity, poor problem-solving skills, interpersonal conflicts and self-injury. Dr. Horowitz understands the need for a structured and supportive environment when addressing personal challenges that arise during different life stages, and the effects they may have on one’s education, career, family, romantic relationships and health. Dr. Horowitz provides supervision and presents on topics relating to CBT and DBT.

For more information, contact us at (212) 308-2440
or email us at intake@cognitivetherapynyc.com
DBT Program for Adolescents

Adolescence is a formative period of intellectual, social, and emotional growth. Given the mounting responsibilities with which today’s youth are confronted, it is necessary that adolescents learn ways to prioritize their mental health in addition to other obligations. If your child is between ages 11 and 18 and experiencing self-defeating thoughts, difficulty controlling emotions, problems with friends or family, mood swings, or problematic behaviors that impair functioning at school or in the home, we recommend pursuing a consultation for our comprehensive Adolescent Dialectical Behavior Therapy (DBT) program.

**Dialectical Behavioral Therapy for Adolescents**

DBT for adolescents was developed by Dr. Alec Miller, Dr. Jill Rathus, and Dr. Marsha Linehan. Both staff psychologists on the Adolescent DBT team at AICT were intensively trained and mentored by Dr. Miller. This evidence-based approach is the gold standard of treatment for individuals suffering from emotion dysregulation, identity confusion, interpersonal difficulties, impulsivity, risky behaviors, and teen-parent conflict. AICT’s comprehensive Adolescent DBT program incorporates emotion regulation skills, distress tolerance skills, interpersonal effectiveness skills, parent-teen problem-solving skills, and mindfulness skills for adolescents requiring more comprehensive treatment than standard Cognitive Behavioral therapy (CBT).

DBT is particularly effective for those adolescents not benefitting from standard treatment. Our program is best suited to adolescents struggling with one or more of the following:
- Difficulty Regulating Emotions
- Intense Anxiety, Depression, and/or Anger
- Adolescent/Parent/Family Dilemmas
- Substance Abuse
- Self-Harm
- Eating Disorders
- Relationship Conflicts
- Inattention
- Confusion about Identity

Individual DBT for Adolescents

Individual DBT for Adolescents consists of weekly 45 minute sessions to help adolescents become more knowledgeable and confident in their ability to: (1) understand and learn to manage overwhelming emotions, (2) work through difficult situations, and (3) improve relationships. Individual DBT engenders a sense of mastery and a forum for adolescents to work on confidential treatment issues.

DBT Multi-Family Skills Group

Adolescents and their parents attend a 90 minute weekly skills group for 16 weeks. The format is designed to teach adolescents and their parents a new and effective skill set organized in the following five modules: (1) Mindfulness, (2) Emotion Regulation, (3) Distress Tolerance, (4) Interpersonal Effectiveness, and (5) Walking the Middle Path. This group helps adolescents to replace problem behaviors with skillful ones and helps parents to understand and effectively help their adolescent become more adaptive in managing day to day emotions and behaviors. The 16-week group, which is concurrent with individual therapy, is a 4 month commitment. Both the adolescent and parent(s) are required to attend. New families will be invited to join the group when each new skill module is introduced, which occurs every 4-5 weeks.

Skills Coaching

Each adolescent and parent who partakes in the Adolescent DBT Program is provided with the additional service of between-session telephone consultations both for crisis situations and situations where the adolescent or parent is having difficulty applying skills. By remaining accessible between sessions, therapists encourage adolescents to call for skills coaching so as to generalize the skills they’re learning to the real-life situations and stressors of their day-to-day environments.

The DBT Adolescent and Multi-Family Skills Group meets on Wednesday evenings 7:00 – 8:30 pm.

For additional information or to schedule a consultation, please contact Melissa Horowitz, Psy.D. or Victoria Taylor, Ph.D. by calling (212) 308-2440 or emailing intake@cognitivetherapynyc.com