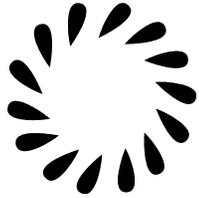


The DBT Adolescent and Multi-Family Skills Training Group meets on Wednesday evenings 7:00 – 8:30 pm.



For additional information or to schedule a consultation, please contact Melissa Horowitz, Psy.D. at (212) 308-2440 or email intake@cognitivetherapynyc.com.

**American Institute
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Melissa D. Horowitz, PsyD, Director of Eating Disorders and Weight Management Program, Clinician, received her B.A. from the University of Massachusetts at Amherst and PsyD in clinical psychology from the Philadelphia College of Osteopathic Medicine. She completed her postdoctoral fellowship at Cognitive and Behavioral Consultants of Westchester in White Plains and her pre-doctoral internship at the Waianae Coast Comprehensive Health Center in Hawaii. Dr. Horowitz received advanced training in cognitive behavior therapy at 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. 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. Dr. Horowitz is an adjunct professor at Iona College and previously served as a supervising psychologist at Kings County Hospital Center.

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**Cognitive Behavior Therapy and
Dialectical Behavior Therapy
for
Adolescents**



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Adolescence is a formative period of intellectual, social, and emotional growth. Given the mounting responsibilities adolescents are typically confronted with in today's environment, it is important they learn ways to prioritize their mental health in addition to their other obligations. If you are concerned that your adolescent is experiencing self-defeating thoughts, has difficulty controlling his or her emotions, or is engaging in problematic behaviors to the extent that it impairs their ability to function at school or interact with friends, family members, or authority figures, it may be worth pursuing a professional consultation.

At AICT we provide consultations to determine the type of support and tools that will help your adolescent learn ways to cope more effectively and improve their quality of life.

Treatment Options

Cognitive Behavioral Therapy for Adolescents

Cognitive behavioral therapy (CBT) is a problem-focused, goal-oriented and proactive treatment approach, with particular emphasis on the present and future, as opposed to the past (although learned behaviors from past experiences may also be relevant). CBT is a form of psychotherapy based on the premise that thoughts, emotions and behaviors are interconnected. Treatment emphasizes identifying, evaluating and modifying dysfunctional thinking patterns and problematic behaviors to improve overall quality of life. An advantage of CBT is that it teaches strategies to effectively cope even

as difficult situations change and evolve. Collaboration and psychoeducation are key elements in guiding adolescents to improved emotional well-being. CBT is offered in individual sessions and does not require group attendance.

Dialectical Behavioral Therapy 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, and/or Anger
- Adolescent/Parent/Family Dilemmas
- Substance Abuse
- Self-Harm
- Eating Disorders
- Relationship Conflicts
- Aggression
- Confusion of Self

Individual DBT for Adolescents

Individual DBT for Adolescents 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 parents attend the DBT Adolescent and Multi-Family Skills Training Group.

DBT Adolescent and Multi-Family Skills Training Group

Adolescents and their parents will attend a 1½ hour 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 parents understand and respond to their adolescent 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 their parents (in some instances one parent) 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.