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'Dialectical Behavior Therapy' to Treat Mental Health Conditions: Presentation on Jan 16

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Two therapists will explain how a method called dialectical behavior therapy can help people with intense, difficult-to-tolerate emotions and mental health conditions in a talk Jan. 16 sponsored by NAMI Southwest CT, an area mental health support group.

— *an announcement from* [NAMI Southwest CT](#)

About Dialectical Behavior Therapy (DBT)

In an attempt to reduce painful emotions, individuals may adopt problem behaviors, such as self-harming or impulsive behaviors. Dialectical behavior therapy works by helping people learn effective emotional regulation strategies so they can experience more balanced emotions, behavior and thoughts.

Dialectical behavior therapy was originally developed to treat chronically suicidal individuals diagnosed with borderline personality disorder.

DBT has been shown effective in treating a wide range of other mental disorders, such as substance dependence, depression, post-traumatic stress disorder (PTSD) and eating disorders.

The Presentation

The free presentation, “The ABC’s of DBT,” will be on Thursday, Jan. 16, 2020 from 7:30 to 9 p.m. at Greenwich Town Hall, 101 Field Point Road.

Dr. Alison Emel and Kristie Calvillo of the Behavior Therapy Group will provide an overview of DBT

About the Speakers

Alison Emel, PhD is a licensed clinical psychologist and co-founder of the Behavior Therapy Group. She works with both adolescents and adults applying DBT and CBT to the treatment of depression, anxiety, mood regulation, eating disorders, substance abuse, panic disorder, obsessive-compulsive disorder and insomnia.

She also is experienced in treating of personality disorders specifically borderline personality disorder.

Dr. Emel applies mindfulness based therapies to target psychiatric symptoms and commitment strategies to help clients apply DBT and CBT skills in the context of their own life. Her clinical style is a combination of validation, warmth and humor balanced with problem-solving and skills based strategies.

Kristie Calvillo, is a Licensed Clinical Social Worker and co-founder of the Behavior Therapy Group. She is among the first in Connecticut to become board certificated by the DBT-Linehan Board of Certification.

She has proficiency in dialectical behavior therapy and cognitive behavior therapy which she uses to treat a variety of concerns including insomnia, depression, anxiety, OCD, panic and phobias.

In addition, she treats personality disorders, including school avoidance and borderline, avoidant and dependent personality disorders. Kristie treats older children, adolescents, and adults, provides parent consultation and provides training to community groups and schools.

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots, nonprofit organization aimed at improving quality of life for people living with mental health conditions and their families. [NAMI Southwest CT](#), the local affiliate of NAMI, serves lower Fairfield County.

About the Behavior Therapy Group

The [Behavior Therapy Group](#) is a therapy practice in Greenwich specializing in effective, evidence based treatments for adolescents and adults. The practice offers dialectical behavior therapy, cognitive behavior therapy and supportive psychotherapy and specialize in treating anxiety, depression, mood instability, impulsivity, personality disorders, obsessive-compulsive disorder, insomnia and relationship problems.