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FOR IMMEDIATE RELEASE

**Speakers to Discuss Dialectical Behavior Therapy (DBT) –  
What It Is and Why It Helps**

**Greenwich, Conn. (January 2020)** Dialectical Behavior Therapy (DBT) is an evidence-based treatment that is especially helpful for individuals with intense emotions that are difficult to tolerate. In a free presentation sponsored by **NAMI Southwest CT**, **Dr. Alison Emel** and **Kristie Calvillo, LCSW** of **The Behavior Therapy Group** will provide an overview of DBT and why it's effective for individuals diagnosed with particular mental health conditions. The presentation, **"The ABC's of DBT,"** will be on **Thursday, January 16, 2020** from **7:30 to 9:00 pm** at **Greenwich Town Hall, 101 Field Point Road, Greenwich, Conn.**

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

*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 is also highly skilled in the treatment 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, LCSW 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 Borderline, Avoidant and Dependent*

*Personality Disorders and school avoidance. Kristie treats older children, adolescents, and adults, provides parent consultation, and provides training to community groups and schools.*

**ABOUT NAMI SOUTHWEST CT:** *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, CT. For more information, please visit <https://www.namisouthwestct.org>.*

**ABOUT THE BEHAVIOR THERAPY GROUP:** *The Behavior Therapy Group is a therapy practice in Greenwich CT specializing in compassionate, effective, evidence based treatments for adolescents and adults. They offer 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. For more information, please visit <https://www.behaviortherapygroup.com>.*



*Alison Emel, PhD*



*Kristie Calvillo, LCSW*

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