

NEW PHONE GROUP WITH PROFESSIONAL ADDICTION THERAPIST STARTING

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A weekly Anonymous Phone Group, offering Professional Clinical Therapy

(Only \$10 a session - an unheard of opportunity!)

Tuesday Evening (9 PM ET)

If you need an addiction therapist who can provide real clinical recovery, this is an opportunity that can't be missed!

Mrs.Zeva Citronenbaum is starting a new cycle of the phone conference group, teaching DBT Skills (see below for explanation), Pat Carnes (GentlePath.com) work, 12-steps, etc

Please contact Zeva to register at acoachservice@yahoo.com

Zeva Citronenbaum

845-222-0580

Confidential Hotline

acoachservice@yahoo.com

To join, download the signup forms and rules [here](#).

Addiction is an illness of escape. Its goal is to obliterate, medicate, and/or ignore painful reality. It produces an alternate route to feelings of betrayal, worry, loneliness, or any real type of problem solving. DBT skills can improve ones ability to handle distress without acting out destructively. They offer concrete behavior techniques that clients can integrate to help them stop unhealthy behavior patterns, i.e. internet, at risk...

Dialectical Behavioral Therapy (DBT) is set up to help individuals cognitively, and provides behavioral therapies to teach clients a healthy way to handle painful emotions through acceptance and change. The heart of DBT balances deep acceptance of clients as they are, with active strategies for helping them change.

Through DBT techniques, clients can confront themselves and make changes they need to grow into healthy living. Individuals learn skills of mindfulness, emotion regulation, interpersonal effectiveness, and distress tolerance; all of which eliminate the urgent need to escape reality. They learn practical skills for coping within reality. The skills empower them, quality of life increases, and healthy living replaces the downward spiral of addiction.

DBT can improve one's ability to handle distress without losing control and acting destructively. In order to make use of these techniques, skills need to be built in four key areas:

The Four Modules of DBT:

- 1) Mindfulness
- 2) Interpersonal effectiveness
- 3) Emotion regulation
- 4) Distress tolerance

Biographical Sketch

Mrs. Zeva Citronenbaum LCSWR CSAT is the expert known to the Jewish Chassidic and Litvish world in recovery, offering clinical help to healing individuals, couples, and families facing addiction and trauma. She holds an MSW from Wurzweiler School of Social Work and post Masters certification from International Institute for Trauma and Addiction Professionals. Among many other certifications she is certified in CBT, DBT, EMDR I & II for trauma work, as well as the CMAT for those suffering with multiple addictions and eating disorders. Mrs. Citronenbaum is also a field instructor and supervisor for NYU, Touro, and Ramapo College of NJ, as well as City University for Psychology and School Counseling. She has spoken internationally and nationally for NEFESH, Torah Umesorah, Hatzolah of Williamsburg, RENFREW, as well as dual programs with Cornell Westchester. She is an honorary member of Family and Children at Risk

Task Force of Greater New York. Mrs. Citronenbaum's dedication to the Jewish community is unsurpassed, as evidenced in her interstate DBT groups, and thriving private practice. She is also the Director of A C.O.A.C.H. Counseling Services (A Call Out Always Can Help), a non-profit whose doors and phone lines are always open to anyone in need with nowhere to turn. Workshops and trainings on mental health issues are offered to both professionals and members of the community.

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