

Counseling Corner

Counseling Corner will provide a monthly article on mental health topics of interest.



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My first counseling internship was at New York Presbyterian Hospital in White Plains, New York. I was placed in the Partial Hospitalization Program for clients suffering from Borderline Personality Disorder (BPD). My objective was to help these clients to manage their emotions more effectively using Dialectical Behavior Therapy (DBT).

As I completed my first day, little did I know that DBT would become such a big part of my life and part of my private practice, Meredith O'Brien & Associates, LLC. I am now intensively trained in DBT and practice it with a large percentage of my clients.

So what is DBT? DBT is a cognitive behavioral, evidence-based treatment

that teaches skills in the following five modules: Mindfulness, Distress Tolerance, Emotion Regulation, Interpersonal Effectiveness and Walking the Middle Path. While it was originally designed to treat those with BPD, now it is widely used with other populations such as those dealing with depression, anxiety, eating disorders, substance abuse, interpersonal conflict, self-harm, chronic suicidal ideation, behavioral issues and emotion dysregulation.

I often hear from new clients who are specifically looking to learn coping skills. These clients may have had experience with talk therapy which proved helpful, but also sought concrete tools to manage what they are going through.

We offer a DBT-informed format. Currently we offer skills groups for adolescents (tween), teenagers, young adults and adults. Please note that these groups are not process groups. They are skills-based groups and often are referred to as classes.

Adolescent (Tween) Group:
Mondays at 4:45pm

Adult Group:
Mondays at 7pm

Young Adult Group:
Tuesdays at 6pm

Teenager Group:
Thursdays at 6pm

We also offer comprehensive DBT-informed treatment which includes individual DBT sessions, skills group and phone coaching. The goal of phone coaching is to learn to ask for help effectively and appropriately, to replace destructive behaviors with healthy ones and to generalize the DBT skills to your everyday lives.

Please call me at (732) 977-9729 with any questions about DBT, groups and other counseling services that we offer. My associates and I are here to listen.

Meredith O'Brien, LCSW



Meredith O'Brien & Associates, LLC
MENTAL HEALTH COUNSELING

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Individual Therapy • Group Therapy
Family Therapy • Couples Therapy
Children • Adolescents • Adults
Dialectical Behavior Therapy Groups
Depression • Anxiety • Substance Abuse
Eating Disorders • ADHD • Parenting
Self Esteem • Girls Leadership