

IRVINGTON NY PTSA



SPECIAL NEEDS COMMITTEE

**A special presentation open to parents of
students of all ages, K-12!**

Dr. Alec Miller of Cognitive Behavioral Consulting
**“Increasing Emotional Resilience in our Students:
Bringing DBT to School”**

Please join us for a timely and informative parent presentation with Dr. Alec Miller, a renowned clinical psychologist, author, teacher, researcher, and consultant to dozens of school districts in the tri-state area. Dr. Miller will discuss the importance of enhancing social and emotional learning for youth in our schools in the 21st Century **where stress, anxiety, and mental health challenges are on the rise**. Based on his 25 years of clinical-research, he will share how he applies evidence-based life skills to students of all ages in an effort to prepare them for life’s myriad challenges and life after high school **and helps them cope with anxiety, stress and strong emotions**. These tools include: Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness skills.

**Tuesday, April 30th, 2019
7:00pm – 8:30pm
Location: Dows Lane Gym
Dows Lane Elementary School
6 Dows Lane
Irvington, NY 10533**

Email us at irv.ptsasnc@gmail.com to RSVP
<https://www.irvingtonnyptsasnc.org/special-needs-committee.html>



Irvington NY Parent Teacher Student Association



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Dr. Alec Miller is a clinical psychologist, teacher, researcher, author, and disseminator of evidence-based treatments to schools and agencies worldwide. He is currently Co-Founder and Clinical Director of Cognitive & Behavioral Consultants (CBC), which is a large group practice and training center based in White Plains and New York City, NY. He is also a Clinical Professor of Psychiatry and Behavioral Sciences at Montefiore Medical Center/Albert Einstein College of Medicine, Bronx, NY. Since 1995, Dr. Miller has conducted clinical research and published extensively on the subject of adolescent mental health and Dialectical Behavior Therapy (DBT). This includes over 100 peer-reviewed journal articles and book chapters, as well as four books including: DBT with Suicidal Adolescents; DBT Skills Manual for

Adolescents; and DBT Skills in Schools (DBT STEPS-A). He was also a lead trainer and co-investigator of the first randomized controlled trial of DBT with suicidal adolescents that was published in 2014. Dr. Miller has received numerous awards for his enduring contributions to the fields of psychology and mental health.

At CBC, Dr. Miller and his colleagues currently treat patients of all ages and train mental health professionals and school personnel in CBT and DBT. Dr. Miller and his CBC colleagues have trained over 70 schools in DBT in the United States. Prior to becoming CBC's Clinical Director, Dr. Miller served for over 20 years at Montefiore Medical Center/Albert Einstein College of Medicine as Chief of Child and Adolescent Psychology, Director of the Adolescent Depression and Suicide Program, Associate Director of Psychology Training and was Professor of Clinical Psychiatry. He currently serves as a scientific advisor to the American Foundation of Suicide Prevention and the National Educational Alliance of BPD (Borderline Personality Disorder). He is a member of Putnam Northern Westchester BOCES Regional Suicide Safety Leadership Team, and was elected Fellow of the American Psychological Association and the Association of Behavioral and Cognitive Therapies for his outstanding contributions to the field of clinical psychology and CBT. He also serves on the Board of Governors of the Ferkauf Graduate School of Psychology of Yeshiva University, as well as the Advisory Board of the IDEAL School and is a Board Member of Project 375 with NFL All-Pro wide receiver, Brandon Marshall.

As a clinician, Dr. Miller is a practitioner of CBT and DBT and treats adults, adolescents, couples and families in White Plains, NY. His clinical experience has been highlighted by various media outlets such as the New York Times, CNN, ABC News and CBS TV, to name a few.



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