

Mindful Resilience Therapy

12-Week Group and Individual Therapy Skills Training Program

An Integrative Skills-Based Therapy Program For Mental Health
Resiliency, Recovery and Renewal



Cope, Heal and Transform

- Mindfulness & Dialectical Behavior Therapy Skills for psychological resilience
- Cognitive Behavior Therapy skills to restructure outdated beliefs and values
- Trauma Resourcing and Healing practices to transform psychological pain
- Self-Care and Self-Development Plans to face adversity and achieve goals

Mindful Resilience Therapy: Program Overview

Mindful Resilience Therapy provides a comprehensive and integrative approach to working with individual mental health symptoms and needs. The program is designed to meet the needs of diverse individuals, combining a structured and supportive group skills-based training with individual therapy and coaching.

Groups serve to provide core skills for mental health, including fundamental coping skills for distress and emotional health, restructuring of core beliefs and values, individualized behavioral health planning, and practices for working with emotional and psychological pain and trauma. Individual therapy and coaching sessions will enable clients to develop and integrate group training skills into individualized mental health and behavioral plans, and will focus on the application of skills to specific needs and goals.

12-Week Mindful Resilience Therapy Group Training Curriculum

Mindfulness Skills

Mindfulness and Emotional Health

Emotional Resilience Skills

Distress Tolerance Skills

Beliefs, Values and Principles

Challenging Irrational Beliefs

Restructuring Cognitive and Belief Patterns

Behavioral Health Planning

Understanding and Identifying Trauma & Distress Triggers

Resourcing for Trauma and Distress

Adaptive Coping Skills for Trauma Recovery and Emotional Health

Mental Health Resiliency: Integration and Beyond

Mindful Resilience Therapy Clinical Program Staff



Matt Porter, M.A., LMFT, Clinical Director, is the creator of the Mindful Resilience Therapy Program and the video tutorial course, Awaken Intuition and Self-Actualize. Matt has taught DBT, CBT & Mindfulness, as well as General and Developmental Psychology courses, to a wide range of students, patients and clinical staff. He has expertise in EMDR for trauma reprocessing, and holds a Master's Degree in Counseling Psychology and Drama Therapy from the California Institute of Integral Studies. As an avid Meditator and healer, Matt also enjoys teaching, coaching, hiking, music, theater, reading, traveling, and his cocker spaniel therapy dog, Darla. Contact Matt Porter, LMFT, Clinical Director, at: portermft@gmail.com (650) 924-8616 www.mattportermft.com



Barbara Thomas, APCC #11797, Registered Associate Professional Clinical Counselor, is a credentialed K-12 school counselor and a women's health advocate at Cedars-Sinai Medical Center, where she runs support groups. In her online private practice, she helps clients ages 14 and over struggling with depression, anxiety, and interpersonal conflicts, including sexual intimacy and dating concerns. With a background in education and philosophy, Barbara is certified in TEAM-CBT, an active and collaborative approach to psychotherapy. She is accruing hours toward licensure as a professional clinical counselor, under the supervision of Matt Porter, LMFT (MFC #42042).



Kaitlynne Casey, MA, AMFT #145480, specializes in depression and anxiety symptom management, navigating life changes and stressors, coping with grief and loss, and caregiver support and advocacy. Kaitlynne uses Mindfulness, Cognitive Behavior Therapy, and Dialectical Behavior Therapy to help clients identify individual triggers, find a path forward, and write a new story. Therapy with Kaitlynne provides a safe space for emotional expression, identity exploration, learning new ways to communicate, fostering positive relationships, and celebrating the trials and joys of being human. Kaitlynne is a graduate of Pepperdine University's Graduate School of Education and Psychology. She was born and raised in the Bay Area but now calls Southern California home. Kaitlynne is supervised by Matt Porter, LMFT (MFC #42042).



David Del Francia, MA, AMFT #146855, is a therapist based in Los Angeles, specializing in helping people navigate the complexities of relationships, personal growth, and emotional well-being. David offers a compassionate, skilled approach to therapy for artists and young adults in their teens, 20's and 30's. David provides support for a variety of issues, including anxiety, depression, emotional regulation, increased self-awareness, deepening mind-body connection, and navigating life transitions. He draws from therapeutic methods of Mindfulness, Cognitive Behavioral Therapy (CBT), Gestalt Therapy, and Acceptance and Commitment Therapy (ACT). David is supervised by Matt Porter LMFT (MFC #42042).



Lindsey Kohn, AMFT, is an Associate Marriage and Family Therapist, practicing in the greater Los Angeles area. As a certified Yoga instructor and Mindfulness coach, she understands the whole person, incorporating mind-body-spirit in her work with mental health and client needs. As an educator for over a decade, Lindsey brings special considerations to children and youth, and to persons with special needs. Lindsey is adept at fostering emotional resilience and wellbeing to a diversity of populations, and to enhancing personal growth and positive family dynamics through innovative and holistic approaches. She provides both telehealth and in-person psychotherapy services at her office in Sherman Oaks, California. Lindsey is supervised by Matt Porter, LMFT (MFC #42042).

Please contact Matt Porter LMFT, Clinical Director, to set up an intake:

portermft@gmail.com or (650) 924-8616.

You can also visit our websites at:

www.mindfulresiliencetherapy.com

www.mattportermft.com