



To Whom It May Concern,

My name is Landon Michaels, Psy.D. and I am a psychologist resident at the Portland Dialectical Behavior Therapy (DBT) Institute. I started working with Andrew Harwood in November of 2014 where he presented with symptoms of depression. He also discussed having difficulties in his academic life and admitted to engaging in marijuana use. During the assessment process, it became clear that Andrew was having difficulties with emotional regulation of depression, anger, and anxiety. Additionally, he was struggling with being able to navigate between the expectations of school, his parents, his friends, as well as himself. He expressed feeling hopeless about finding a balance between all these aspects of his life. Dialectical Behavior Therapy is a skill based treatment that helps our clients create the change required to create a life worth living. An underlying tenant of DBT is that painful emotions drive clients to use ineffective behaviors to cope. Andrew has been able to learn emotion regulation skills to address his depression as well as target his marijuana use. Furthermore, he was taught motivational skills to target his academic endeavors, which he was able to practice during treatment. The DBT program is intensive in nature, involving individual therapy, group therapy, and family therapy. Andrew was an active participant in all aspects of treatment, completing both his goals as well as his parent's goals. By the end of treatment, he was able to use skills to balance demands from various aspects of his life, improve his life through finding a job, and respond effectively to family conflict. He is better able at recognizing his symptoms, coping ahead with difficult situations, and identifying when he needs further help. If you have any questions, please feel free to contact me at 971-258-2328 or by email at lmichaels@pdbti.org.

Sincerely,

Landon Michaels, Psy.D.
Postdoctoral Resident

Andrew White, Ph.D.
Clinical Supervisor