

Therapeutic Oasis

Therapeutic Oasis co-owner and Licensed Psychologist, Dr. Nicole Friedman earns DBT Certification from the DBT-Linehan Board of Certification.



Boca Raton, FL – April 22nd, 2021: Dr. Nicole Friedman of Therapeutic Oasis has achieved recognition as a DBT-LBC, Certified Clinician™ through the DBT-Linehan Board of Certification.



Clinicians who achieve certification are recognized as highly skilled professionals and experts in the application of Dialectical Behavioral Therapy. Dr. Friedman, along with her colleagues at Therapeutic Oasis have been utilizing Dialectical Behavioral Therapy in alignment with the Linehan Institute for over 15 years. Gaining this certification required extensive training and many hours of hard work. Dr. Friedman has put her full effort and dedication into Therapeutic Oasis and the DBT Program.

According to the DBT-Linehan Board of Certification, the goal of the certification process "is to provide to the public at large and also to relevant stakeholders a source that clearly identifies providers and programs that reliably offer DBT in a way that conforms to the evidence-based research. Clinicians can demonstrate that they have the requisite knowledge and skills to deliver DBT with adherence to the model as developed by Dr. Linehan and colleagues."

About Therapeutic Oasis

Therapeutic Oasis of the Palm Beaches was founded in 2013 by Psychologists Dr. Patricia Shutt and Dr. Nicole Friedman and Registered Dietitian and Nutrition Therapist Christie Caggiani. In 2019, with additional owner, Marriage and Family Therapist, Clara Bossie, Therapeutic Oasis opened a second location. To date, the practice has guided hundreds of patients through their journey to health, happiness and peace via short-term and intensive therapy. With two locations now at 851 Broken Sound Parkway NW (Suite 250) in Boca Raton and 600 Heritage Drive (Suite #130) in Jupiter, Florida, Therapeutic Oasis offers an intimate healing environment designed to feel safe for clients and their families. Its growing staff of dedicated and skilled providers work collaboratively with a team-based approach to provide psychologically sound, evidence-based individualized treatment and integrative services that encourage mindfulness and balance. As a therapist-driven program, the holistic practice can work in tandem with psychiatrists and other medical professionals to curate expert teams for each client that may also encompass nutrition, yoga and other modalities. Learn more at www.therapeuticoasis.com.