

HOUSTON, TX, September 19, 2013 **/24-7PressRelease/** -- Debra Meehl, DD. is a Certified Pastoral Counselor and Intensively trained Dialectical Behavior Therapist (DBT) and Skills Trainer. She is the founder and President of the Meehl Foundation, Co-Author of the "Friends and Family Bipolar Survival Guide" and documentary presenter of the Life Focus TV series "A Mind Misunderstood" continually airing since October 5, 2012 on PBS, TLN and TNN.

With 20 years of recovery and rehabilitation experience Deb weaves humor and compassion in her presentations. As a trained therapist, she gives case examples and scientific evidence of Dialectical Behavioral Therapy, the only treatment that has up to an 87% success rate with certain mood and personality disorders.

Today Debra speaks around the U.S. on the topic Bipolar Disorder and Borderline Personality Disorder with Substance Abuse, and the full life of recovery that you can have with these disorders. She teaches, works and lives the Dialectical Behavioral principles, while operating The Meehl Foundation and The Meehl House.

The Meehl House currently offers the only transitional residential home specializing in Dialectical Behavioral Therapy that is an "Amen Brain Healthy Treatment Program" for clients with bipolar disorder, borderline personality disorder, PTSD, depression and substance abuse. Living in a supportive environment with Mark and Debra, residents learn new skills for achieving and maintaining emotional regulation with access to the Meehl Foundation Intensively Trained DBT Team. Clients develop distress tolerance skills and learn how to take control of their thoughts and their actions.

We create an individual plan for a holistic balanced approach to mental wellness with psychological testing and assessment, medication management, hypnosis, acupuncture, hair follicle testing for vitamins and mineral, hormone balancing, and nutritional counseling. Most important, residents learn how to take back and create a life that is fulfilling and rewarding.

For more information on the Meehl House and to see if this is the right program for you or to have Debra speak at your location she may be contacted at meehlfou@meehlfoundation.org or at 979.798.7972. Please visit us at <http://www.meehlfoundation.org>

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The Meehl Foundation is a non-profit 501c3 that is an "Intensively Trained DBT Team" and an "Amen Brain Healthy Treatment Program" creating an individual plan for a wholistic balanced approach to mental wellness with; Psychological testing and assessment, Hypnosis, acupuncture, hair follicle testing for vitamins and mineral, hormone balancing, and nutrition counseling.