

# DBT Skills 12

## Dialectical Behaviour Therapy

Providing resources, education and clinical support to enhance the ability to change self defeating patterns of thinking and behaving.

### Who is the program for?

Patients diagnosed with Borderline Personality Disorder and those who have intense, unstable moods, self harm and unstable relationships. Dialectical Behaviour Therapy (DBT) requires a strong commitment to therapy and may be useful in addressing their individual clinical needs.

### Program content

- 3 x three week modules of:
  - Distress tolerance
  - Emotion regulation
  - Interpersonal effectiveness
- Each module interspersed with 1 week of core mindfulness

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#### About the program

This program is run by a multidisciplinary treatment team. It is skill based and assists patients to tolerate intense feelings and learn to manage self harming behaviours often associated with emotional dysregulation. DBT combines standard cognitive behavioural techniques for emotion regulation and reality testing with concepts of mindful awareness, distress tolerance and acceptance. DBT can be used to help people who experience symptoms of impulsivity, frequent interpersonal conflict, difficulty with emotional regulation, anger and poor coping in stressful situations.

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#### When is it held?

There is an option of joining one of the following times and days:

Monday	12:30pm to 3:30pm
Monday	5:00pm to 8:00pm
Tuesday	11:30am to 2:30pm
Wednesday	10:00am to 1:00pm

Light refreshments are provided.

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#### How to join

Patients interested in attending this program will need to call 1300 122 144 for an over-the-phone assessment and obtain a referral with admission rights to The Hills Clinic Private Hospital.

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#### How much does it cost?

Patients are admitted as a day patient and as such, depending on their level of cover can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with The Hills Clinic Private Hospital. For patients without health fund coverage, a cost of \$150 per session applies.

The Hills  
Clinic