

# Young Adult – Dialectical Behaviour Therapy (DBT) Intensive

Providing information and skills to help young adults build skillful behaviours, navigate relationships, and create a life worth living.

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## Who is the program for?

Young adult individuals aged 16-23 years experiencing Borderline Personality Disorder traits and/or those who have intense, unstable moods, problematic behaviours and unstable relationships. Dialectical Behaviour Therapy (DBT) requires a strong commitment to therapy and may be useful in addressing their individual clinical needs.

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## Program content

This program consists of four modules:

- Distress Tolerance
- Walking the Middle Path
- Understanding Emotions
- Interpersonal Effectiveness

Each module consists of four sessions preceded by two weeks of mindfulness skills practice.

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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. For patients without health fund coverage, a cost of \$200 per session applies.

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## About the program

This program is run by a multidisciplinary treatment team and provides patients with an indepth understanding of DBT. 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?

Saturday 10:00 - 1:15 pm (15 minute break)  
(twenty-four weeks)  
Light refreshments are provided.

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## How to join

Patients interested in attending the day program will need to call the allied health department on 1300 122 144 (option 2) or contact groups at [hls.groups@healthcare.com.au](mailto:hls.groups@healthcare.com.au).

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The Hills  
Clinic

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