

DBT Skills 6

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/or 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 six week modules of:
 - Distress tolerance
 - Emotion regulation
 - Interpersonal effectiveness
- Each module interspersed with 2 weeks of core mindfulness

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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?

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

- Wednesday 6:00pm to 9:00pm
- Thursday 12:30pm to 3:30pm
- Thursday 6:00pm to 9:00pm
- 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 complete the 12 week DBT Skills program and undergo a face-to-face assessment to assess whether they are group ready.

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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.

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The Hills
Clinic