

DBT

Dialectical Behavioural Therapy Program

The Dialectical Behavioural Therapy (DBT) Program is a skills training group based on a dialectical and biosocial theory of psychological disorder that emphasizes the role of difficulties in regulating emotions, both under and over control, and behaviour. The group training provides skills required to manage and regulate emotions. The overall goal of DBT skills training is to help individuals' change behavioural, emotional, thinking, and interpersonal patterns associated with problems in living. It is delivered in 3 separate modules of 7-8 weeks.

Target condition

DBT is evidence-based for a range of conditions including depression, bipolar disorder, anxiety, adjustment disorder, substance misuse, acute or chronic stress, and personality disorders and Post Traumatic Stress Disorder.

Program goals

The program introduces participants to four groups of skills:

- Mindfulness- The ability to be aware and reflect on your thoughts, emotions and behaviours without getting caught up in them.
- Distress Tolerance- Managing intense emotions and painful realities in skilful ways.
- Interpersonal Effectiveness- Communicating your needs to others, supporting yourself through difficult conversations and maintaining boundaries.
- Emotion Regulation- Understanding the reasons for emotion and learning the ways to shape and change them

Facilitator

John Murphy, Clinical Psychologist

The Program is overseen and reviewed by the Director of Psychiatry, Dr Manoj Ravindran.

How to Join

All prospective participants need to have been assessed by Dr Ravindran prior to joining, which requires a GP referral.

DBT is a challenging but rewarding course, participants have to attend the majority of sessions in order to gain benefit. Participants who miss too many sessions will have to exit and re-join at a later date.

Cost

People are admitted as a day patient and the program is funded by their private health funds. Any potential out-of-pocket expenses depend on the person's health fund.

When

Duration: *Each module takes 7- 8 weeks and the course is made of 3 modules*

Day: *Thursdays*

Time: *9.30am to 12.30pm*

Included: *Morning Tea (please advise of any dietary requirements)*

For more information

Contact Rivendell Clinic – Day Program

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