

# Day Program :

# Dialectical Behaviour Therapy (DBT)

The Dialectical Behaviour Therapy Skills Day Program (DBT) has an individualised therapy approach which can be tailored to meet the specific needs and to teach lifestyle enhancing skills.

## What is the program about?

This program is skills-based and assists patients to tolerate intense feelings while learning to manage self-harming behaviour often associated with Borderline Personality Disorder.

DBT combines standard cognitive behavioural techniques for emotional regulation and reality testing with concepts of mindful awareness, distress tolerance and acceptance.

## Who is the program for?

This program has been developed for individuals experiencing emotional distress, manifesting in unstable mood states and unstable relationships.

It can be used to help people experiencing symptoms of impulsivity, frequent interpersonal conflict, difficulty with emotional regulation, anger and poor coping in stressful situations.

## What does the program cover?

The program focuses on a range of areas including:

- Core mindfulness
- Distress tolerance
- Emotional regulation
- Interpersonal effectiveness

## When is it held?

The day program is offered one day a week for a period of 12 weeks per program.

## How can participants enrol?

If you are interested in attending the DBT Day Program, you will need to discuss this with your treating doctor who will assess your suitability and, if appropriate, provide a referral.

## How much does it cost?

Patients are admitted as a day patient and as such can claim their attendance via their health fund. We ask that patients confirm any applicable out of pocket excess or gap costs directly with Brisbane Waters Private Hospital Day Therapy Program Coordinator. A quote can be provided if you do not have private health insurance.

For more information on the range of programs offered at Brisbane Waters Private Hospital's Central Coast Clinic visit: [www.centralcoastclinic.com.au](http://www.centralcoastclinic.com.au)

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