

# Dialectical Behaviour Therapy Skills (DBT)

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



## Who is the program for?

This program has been developed for individuals experiencing emotional distress, manifesting in unstable mood states and unstable relationships. Dialectical Behaviour Therapy Skills Day Program (DBT) has a strong commitment to individualising therapy to meet the individual needs and to teach lifestyle enhancing skills.

## Program content

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

### About the program

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

### When is it held?

Once a week for twelve weeks. Light refreshments are provided. Transport options may be available.

### How to join

If you are interested in attending the Dialectical Behaviour Therapy Skills (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.

# Brisbane Waters

## Private Hospital

### Central Coast Clinic

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