

Dialectical Behaviour Therapy (DBT)

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

Who is the program for?

People diagnosed with Borderline Personality Disorder or who self harm, have intense and unstable mood states and unstable relationships, this program may be useful in addressing individual clinical needs. DBT also requires a strong commitment to therapy.

Program content

- 3 x eight week modules
- Intake every eight weeks
- Core mindfulness
- Distress tolerance
- Emotional regulation
- Interpersonal effectiveness

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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.

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When is it held?

This closed group is held on a Monday, Tuesday or Wednesday for six months, with intake every eight weeks as detailed below.

Day program: Monday / Tuesday / Wednesday
8:30am - 9:00am Registration and sign in
9:00am - 2:30pm Group program
2:30pm - 3:30pm Facilitated relaxation session
Morning tea, lunch and afternoon tea is provided.

Evening program: Tuesday
5:00pm - 9:00pm Group program
A light snack is provided.

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How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Currumbin Clinic.

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How much does it cost?

Participants 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 Currumbin Clinic.

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