

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?

Patients 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 required a strong commitment to therapy.

Program content

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

About the program

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 emotion 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?

Attendance at this closed group is one day per week for 6 months as detailed below. Please contact Day Program reception on (07) 5525 9682 for further information regarding available days.

Day program:

Mondays 9:00am - 2:45pm

Morning tea, lunch and afternoon tea is provided.

Evening Program:

Tuesdays 5:00pm- 8:30pm

A light snack is provided.

How to join

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

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 excessor gap costs directly with Currumbin Clinic.

For information on this program please contact the Currumbin Clinic Day Programs Team.

Phone 07 5525 9682 or email

pbcc.daypatients@aurorahealth.com.au

