

Mindful Self Development

Providing resources, education and clinical support to enhance the ability to change the way to think, feel and behave

Who is the program for?

People who are waiting to start DBT or who would benefit from some foundation skills in emotion regulation and distress tolerance as well as developing effective communication in relationships.

This program may be useful in addressing individual clinical needs.

Program content

- Mindful practice in day to day living
- Learning to regulate emotions
- Lowering levels of distress
- Building effective relationships
- Self expression through art

About the program

This program focuses on the skills needed to manage dysregulated emotions and interactions. It provides the foundation skills of DBT, encourages mindful practice and enables participants to increase their self esteem and self awareness through expressive art psychotherapy and experiential exercises.

When is it held?

Fridays 9am - 2:45pm

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

pbc.daypatients@aurorahealth.com.au

