

DBT SKILLS COURSE ADULT PROGRAM



Course Outline

- **Module 1: Mindfulness and Distress Tolerance (7 sessions)**
Mindfulness and Distress Tolerance skills for learning how to manage and cope during a crisis, and to tolerate distress when it is difficult or impossible to change a situation. Skills for accepting any given situation just as it is.
- **Module 2: Mindfulness and Emotion Regulation (7 sessions)**
Mindfulness and Emotion Regulation skills for understanding and managing your emotions and changing emotional responses.
- **Module 3: Mindfulness and Interpersonal Effectiveness (7 sessions)**
Mindfulness session and Interpersonal Effectiveness Skills for managing relationships, effective communication and behaviour change.

All course materials are provided including an extensive range of resources to support progress. \$245 per module. Medicare rebates may be available to eligible participants. Our groups are run by Dialectical Behaviour Therapists who are fully qualified Mental Health Clinicians with extensive experience.

Experiencing overwhelming emotion can often lead to a range of problems including self-defeating behaviours, quick and intense emotional reactions and difficulties in communication and with relationships. This sometimes leads to crisis, inability to cope, difficulty functioning in daily life and intense distress. Dialectical Behaviour Therapy (DBT) is available to support participants to gain a better understanding of patterns of responses and behaviours and to work towards lasting change.

Dialectical Behaviour Therapy:

DBT is an evidence based, psychological therapy designed to support participants to understand and change emotional responses, manage urges, develop, and maintain healthy relationships and break unhealthy patterns of behaviour. DBT aims to support participants to build a life worth living, by teaching an extensive range of coping skills and strategies.

DBT Skills Training Program:

Our DBT skills classes provide a curriculum teaching the full range of DBT skills. The DBT skills classes offer 3 modules of 7 sessions each, covering the core DBT skill areas of Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness. It is recommended that participant also access DBT individual therapy sessions along with skills classes. Modules can be completed in any order.

We have 2 adult programs:

- **In person - Thursdays 2.00pm-3.30pm or**
- **Online - Mondays 5.30pm-7.00pm**

