

# Dialectical Behaviour Therapy

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 and those who have intense, unstable moods, self harm and unstable relationships. Dialectical Behaviour Therapy (DBT) requires a strong commitment to therapy and may be useful in addressing their individual clinical needs.

## Program content

- 3 x six week modules of:
  - Distress tolerance
  - Emotion regulation
  - Interpersonal effectiveness
- Each module interspersed with 2 weeks of core mindfulness

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### About the program

This program is run by a multidisciplinary treatment team. It is skill based and assists patients to tolerate intense feelings and learn to manage self harming behaviours 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. DBT can be used to help people who experience symptoms of impulsivity, frequent interpersonal conflict, difficulty with emotional regulation, anger and poor coping in stressful situations.

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### When is it held?

Every Tuesday and Thursday from 9:15am to 12:30pm, over six months. Morning tea 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 Belmont Private Hospital.

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### 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 Belmont Private Hospital.

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