

Dealing with Distress

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

Who is the program for?

Patients diagnosed with Borderline Personality Disorder or have intense, unstable mood states, self harm, and unstable relationships, this program may be useful in addressing their individual clinical needs.

Program content

Core Mindfulness alternating with 3 x 3 week modules:

- Distress tolerance
- Emotion regulation
- Interpersonal effectiveness

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About the program

This program is skills based and assists participants to tolerate intense feelings and learn to manage self-harming behaviours often associated with Borderline Personality Disorder. It is based on Dialectical Behaviour Therapy (DBT) principles and combines standard Cognitive Behavioural techniques for emotion regulation and reality testing with concepts of mindful awareness, distress tolerance and acceptance. The program is useful for people who experience 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?

Every Monday or Friday, over 12 weeks from 9.15am to 3.00pm. Morning tea and lunch 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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