

# Introduction to Dialectical Behaviour Therapy for Young Adults (DBT YA) (12 weeks)

**Providing resources, education and clinical support to enhance the ability of young people to change self defeating patterns of thinking and behaving.**

## **Who is the program for?**

If you are a young person aged 16-25 years and have intense, unstable mood states, self-harm, and unstable relationships, this program may be useful for you in addressing your individual clinical needs. This program is useful for young people who experience intense or painful emotions, symptoms of impulsivity, frequent interpersonal conflict and who have learned unhelpful ways of coping with stressful situations.

## **Program content**

Core Mindfulness alternating with 3 x 3 week modules:

- Distress tolerance
- Emotion regulation
- Interpersonal effectiveness

## **About the program**

The DBT YA Program is skills based and assists young people to tolerate intense feelings and decrease unhelpful behaviours and improve their coping skills. The program is based on Dialectical Behaviour Therapy (DBT) principles and combines standard Cognitive Behavioural techniques (CBT) for emotion regulation and reality testing with concepts of mindful awareness, distress tolerance and acceptance.

## **When is it held?**

Every Tuesday or Thursday from 12:45pm to 4:00pm, over 12 weeks. Afternoon tea is provided.

## **How much does it cost?**

Participants are admitted as a day patient and as such, can claim attendance via their health fund or choose to self-fund. We ask that participants confirm any applicable out of pocket or gap costs directly with Belmont Private Hospital.

## **How to join**

A referral from a Psychiatrist with admission rights is required to access Belmont Therapy Programs Day programs.

**For information on this program please contact the Belmont Private Hospital Day Programs Team. Phone 07 3398 0270 or email [belmonttherapyprograms@aurorahealth.com.au](mailto:belmonttherapyprograms@aurorahealth.com.au)**