

# Dialectical Behaviour Therapy for Young Adults (DBT-YA)

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 18-25 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

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**About the program**

The DBT-YA Program is a 12 week program which 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.

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**When is it held?**

Every Thursday from 12:45pm to 4:00pm, over 12 weeks. Afternoon 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 or choose to self-fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Belmont Private Hospital.

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