

Fees

Private health insurance is recommended or self funding is an option. Our administration staff will be pleased to answer any questions you may have in relation to cost.




**The Geelong
Clinic**
by Healthscope

98 Townsend Road
St Albans Park VIC 3219

P 03 5240 0700 | **F** 03 5248 4852

thegeelongclinic.com.au

ABN 85 006 405 152



V2_06/2021

Dialectical Behavioural Therapy (DBT)

Information for patients, carers,
family and support persons



Community
of Care

 **The Geelong Clinic**
by Healthscope

What is Dialectical Behavioural Therapy?

DBT is a specialised form of Cognitive Behavioural Therapy (CBT) which uniquely integrates Mindfulness and Acceptance techniques. DBT is based on a **Biosocial Model** of development and considers a balance between acceptance/validation and change as central to recovery.

DBT is an evidence based treatment and is effective in assisting people with a wide range of conditions such as: Borderline Personality Disorder (BPD), substance dependence, depression, post-traumatic stress disorder (PTSD) and eating disorders.

What Does “Dialectical” Mean?

Dialectical = two opposite ideas can be true at the same time, and when considered together, can create a new truth and a new way of viewing the situation; There is always more than one way to think about a situation.



Program schedule

DBT is a 30 week program run similar to a school term schedule with intake occurring 3 times a year. It comprises of three modules (each 10 weeks duration) with Core Mindfulness Skills being the foundation of the entire program.

Core Mindfulness: The practice of being fully aware and present in this one moment, without judgement.

Distress Tolerance Module: Learning specific skills about how to tolerate pain in difficult situations, not change it.

Emotion Regulation Module: Understanding emotions & learning how to change emotions that you want to change –including how to reduce your emotional vulnerability and decrease emotional suffering.

Interpersonal Effectiveness Module: Exploring how to ask for what you want and say no while maintaining self-respect and relationships with others.

Group format

Groups meet on a **weekly basis for approximately 5 hours (9:30am - 3:00pm)** with morning tea and lunch provided. These groups focus on enhancing your capabilities by teaching you behavioural skills.

In general these are run like a class where the group facilitator/s teach the skills and assign homework practice for you to integrate into your everyday lives. Group members agree to share group guidelines so that everyone feels safe within the group context.

On entry to the group you will be provided with a Module Handbook.

The sessions are facilitated by experienced mental health professionals.

Making a referral

To be admitted to our programs, you will need to ask your GP for a referral to a Geelong Clinic accredited Psychiatrist. The Psychiatrist will then refer you to the DBT Skills Program.

Once you have a referral to the program you will be contacted by the DBT Coordinator for an assessment.

For more information, please contact the **DBT Coordinator** on **03 5240 0798**.

