

HEALING MINDS PSYCHOLOGY DBT SKILLS-BASED PROGRAM

WHAT IS DBT?

Dialectical Behaviour Therapy (DBT) was developed by Dr Marsha Lineham to help clients learn and apply skills to help reduce emotion dysregulation and improve difficulties coping with big emotions. Our DBT Skills based program draws from Dr Lineham's fundamental teachings.

If you are experiencing difficulties with any of the below, you may be eligible to participate:

- Emotional dysregulation
- Distress intolerance
- Interpersonal relationships
- Mood disorders
- Anxiety disorders
- Complex trauma or PTSD
- Borderline Personality Disorder



PROGRAM OVERVIEW

6th July- Week 1 – Mindfulness
13th July – Week 2 – Mindfulness
20th July – Week 3 – Distress Tolerance
27th July – Week 4 - Distress Tolerance

3rd August – Week 5 - Distress Tolerance
10th August – Week 6 – Emotional Regulation
17th August – Week 7 - Emotional Regulation
24th August – Week 8 - Emotional Regulation
31st August – Week 9 - Emotional Regulation

7th September – Week 10 - Interpersonal Effectiveness
14th September- Week 11 - Interpersonal Effectiveness
21st September – Week 12 - Interpersonal Effectiveness

PROGRAM DETAILS

Program Dates: 6th July – 21st September 2021

Location: Healing Minds Psychology,
165 Hilton St, Glenroy 3046

Time: 9:30am-12:30pm, every Tuesday

Cost: \$150 per 3-hour session (Total \$1800) *
You may be eligible for a Medicare rebate for up to 10 sessions with a valid mental health care plan from your GP, \$22.35 per session (Total \$223.50). Please enquire with us for more information.

*Additional fees may be incurred for pre-screening and post group attendance/consultation.

Clients must commit to attending all 12 weeks.

Payment can be made on a weekly or quarterly basis, or an upfront payment.

All clients must engage in a pre-screening interview to determine their suitability.

There are some exclusion criteria that we need to consider. Please speak with your psychologist for more information about your suitability, For further enquiries please give our admin team a call (1300 732 725) or make an enquiry via email at info@healingmindspsychology.com.au

