

# HEALING MINDS PSYCHOLOGY DBT SKILLS PROGRAM 2023



## WHAT IS DBT?

Dialectical Behaviour Therapy (DBT) was developed by Dr Marsha Linehan to help clients learn and apply skills to help reduce emotion dysregulation and improve difficulties coping with big emotions. Our DBT Skills 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

Week 1 – Mindfulness  
Week 2 – Mindfulness

Week 3 – Distress Tolerance  
Week 4 – Distress Tolerance  
Week 5 – Distress Tolerance

Week 6 – Emotional Regulation  
Week 7 – Emotional Regulation  
Week 8 – Emotional Regulation

Week 9 – Interpersonal Effectiveness  
Week 10 – Interpersonal Effectiveness

## PROGRAM DETAILS

Program Dates: 26/09/23 - 28/11/23

Location: Healing Minds Psychology,  
835 Mt Alexander Road, 3039

Time: Weekly, Every Tuesday, 10am-1pm

Cost: \$150 per session (Total \$1500) \*  
You may be eligible for a Medicare rebate of \$22.55 per session, for 10 sessions if you have a valid mental health care plan from your GP, with a \$102.45 out of pocket fee per session. Please enquire with us for more information.

\*10 DBT sessions will not take away from your 10 Medicare individual therapy sessions

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

Clients must commit to attending all 10 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](mailto:info@healingmindspsychology.com.au)

