

# Dialectical Behaviour Therapy (DBT) Skills Training

**Providing resources, education and clinical support to learn skills to manage challenging emotions, navigate relationships and be more effective in everyday life.**

## Who is the program for?

The Dialectical Behaviour Therapy Skills Program is suitable for individuals who are struggling with managing intense emotions or moods, display impulsive behaviours, or who are having difficulties in their relationships.

## Program content

The Dialectical Behaviour Therapy Skills program covers three modules:

### Module 1 – Distress Tolerance

Increasing our ability to manage challenging situations effectively.

### Module 2 – Emotional Regulation

Aims to decrease emotional suffering and assist with understanding emotions.

### Module 3 – Interpersonal Effectiveness

Develop strategies for asking for what we need, saying no and managing conflict.

Each module also covers Core Mindfulness skills.

Participants can join the program at the beginning of any module and have completed the program after attending all 3 modules. A group setting is an ideal place to learn and practice these skills, because it offers a safe and supportive environment.

## About the program

The Dialectical Behaviour Therapy skills training program aims to empower individuals who have challenges in managing their emotions, relationships and tolerance of distress. Participants will learn coping skills by building their toolbox of skills to deal with distress and regulate their emotions in a functional and adaptive way. It also teaches fundamental interpersonal skills to help improve relationships.

## Program Requirements

Participants will attend a pre-program assessment prior to commencing in a group program. The aim of this assessment will be to complete pre-program tasks, consider goals for attendance and orientate participants to the specifics of the program.

The program requires individuals to demonstrate a clear commitment to changing their behaviour by attending all group-based program sessions.

The program is both practical and self-reflective. It includes learning new skills and practicing them during and between sessions as part of weekly homework tasks.

## When is it held?

The DBT Day Program is a 20-week program. It is held once a week. Each session runs for 3.5 hours. Light refreshments will be provided.

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## How much does it cost?

You will be admitted as a day patient and as such, can claim the cost via your private health fund. Please check with Townsville Private Clinic Day Program administration, who will advise you of any applicable out-of-pocket excess or gap costs that you will incur.

The Townsville Private Clinic is also an accredited NDIS provider, as such you may utilise NDIS funding to cover the costs of the program.

## Your Next Steps

Individuals interested in attending this program will need a referral from a Psychiatrist with admission rights to Townsville Private Clinic. Please discuss the group with your treating psychiatrist or contact the Townsville Private Clinic Admissions & Assessment team on 1800 884 767.

**For information on this program please contact the Townsville Private Clinic Day Programs Team. Phone 07 4431 1600 or email [townsville@aurorahealth.com.au](mailto:townsville@aurorahealth.com.au)**

