

Dialectical Behaviour Therapy (DBT)

Providing resources, education and clinical support to enhance your ability to change the way you think, feel and behave

Who is the program for?

DBT was originally developed as a treatment for people with Borderline Personality Disorder, now it is used to treat a wide range of disorders and problems involving emotion dysregulation such as substance use and depression.

Program content

Module 1

- Week 1 Core mindfulness
- Week 2-4 Crisis survival strategies
- Week 5-7 Reality acceptance skills

Module 2

- Week 1 Core mindfulness
- Week 2 Understanding emotions
- Week 3 Model for identifying emotions
- Week 4 Changing unwanted emotions
- Week 5&6 Reducing vulnerability to emotions
- Week 7 Mindfulness of emotions

Module 3

- Week 1 Core mindfulness
- Week 2 Introduction to interpersonal effectiveness
- Week 3&4 Interpersonal effectiveness skills
- Week 5 How intensely to ask or say no
- Week 6 Review

About the program

Our Dialectical Behaviour Therapy (DBT) day program covers three modules that aim to develop your skills in the areas of distress tolerance, emotion regulation, mindfulness and interpersonal effectiveness.

When is it held?

Every Wednesday from 9:30am to 3:00pm, for 20 weeks. Morning tea and lunch are provided.

How to join

If you are interested in attending the day program please contact Townsville Private Clinic by calling our dedicated Admissions and Assessment team on 1800 884 767.

How much does it cost?

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

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

Townsville Private Clinic

Townsville Private Clinic Day Programs

136 Wills Street, Townsville QLD 4810

T: 07 4431 1600 F: 07 4431 1666

E: townsville@healthecare.com.au / townsvilleprivateclinic.com.au