

People caring for people



New Farm Clinic

Dialectical Behaviour Therapy Program



RAMSAY MENTAL HEALTH

NEW FARM
CLINIC

What is the DBT Group Skills Training Day Program?

This program is based on Dialectical Behaviour Therapy as developed by Dr Marsha Linehan. It is designed for individuals who, as a result of their diagnosed disorder, have difficulty in maintaining constructive relationships, balancing their moods and tolerating distressing thoughts, memories, feelings and events. In short these individuals may be described as having difficulties related to 'emotional dysregulation'. As a result of these difficulties the individual may have a history of destructive relationships, frequent hospitalisations, broken therapeutic relationships, and self-harming or risk taking behaviours.

This program aims to break this negative cycle by providing a structured setting that educates participants in developing skills and confidence that will assist them in functioning in their community.

Why do we use Group Therapy?

The DBT Skills Training day program offered by New Farm Clinic is conducted in groups. Group therapy has been found to be effective for the following reasons:

1. Shared Experiences:

Sharing perceptions and reactions in a group setting allows individuals to see that they are not alone, and that others also experience problems of a similar nature.

2. Relatedness

It can be overwhelming for an individual to manage in the home setting and a feeling of isolation can emerge. Group therapy can help to foster a sense of relatedness as patients meets others who also require assistance in learning to manage their emotional states and behavioural patterns.

3. Support

The DBT day program provides support by demonstrating understanding and genuine concern for individuals who experience the ongoing effects of traumatic experiences.

4. Education & Skills Training

The primary aim of the DBT skills training program is to provide education in the skills required to tolerate distress, and manage emotional states, and relationships. Due to the nature of emotional dysregulation it is often difficult to address skills training in individual therapy where the focus may be on dealing with immediate crises.

5. Peer Feedback

The opportunity to receive constructive feedback and suggestions from peers is provided within the group setting and is a valued component of the therapeutic experience.

NB: Please note that participants of this group are required to have ongoing regular treatment with their Psychiatrist.

What does the DBT Skills Training Day Program Consist of?

- A two day per week program
- 6 month duration
- A maximum of 9 people per group
- 3 eight week modules
- The group is open

When will the Program be held?

The Program runs on Tuesdays from 9:00am to 3.00pm, and includes morning tea and lunch.

Aim of the Program is to:

- Teach skills required to tolerate distress
- Decrease interpersonal difficulties
- Reduce labile emotions and moods
- Reduce impulsivity, which may result in self-harm, risk taking, and other harmful behaviours
- Improve understanding of oneself, ones moods, and behavioural patterns.

Program Content includes:

- Education regarding the biosocial theory of emotional dysregulation.

- Education regarding typical behavioural patterns
- Techniques to enhance monitoring and understanding of individual behavioural patterns
- Core Mindfulness Skills
- Distress Tolerance Skills
- Emotional Regulation Skills
- Interpersonal Effectiveness Skills
- Role play
- Practice exercises
- Homework exercises

Referral process

For further program information and referral forms contact the Admissions Co-ordinator via New Farm Clinic reception on 3254 9100 or fax 3358 4781.

Costs

Private Health Insurance generally covers the cost of treatment but patients are recommended to check the level of cover that their health fund offers for treatment. Staff are available to discuss our current fees with those patients who wish to pay for their own treatment.

New Farm Clinic is a fully accredited private acute psychiatric hospital offering a wide range of health fund approved treatment programs for both inpatients and day patients.

The services are designed to maximize recovery from mental health problems and to maintain good mental health.

To learn more about the program please ring:

Tel: 07 3254 9100, or Email: therapy@ramsayhealth.com.au



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