Dialectical Behaviour Therapy for Young Adults (YA-DBT)

Providing resources, skills and education to enhance the ability of young people to change self-defeating patterns of thinking and behaving.

Who is the program for?

This program is suitable for young people (ages 16-24) who:

- Experience intense or painful emotions that are difficult to control
- Experience symptoms of impulsivity
- Experience daily challenges in school or employment
- Experience struggles with relationships
- Have unhelpful behaviours that need to change

Program content

- Mindfulness: How to be present in the here and now
- Distress Tolerance: Crisis survival skills
- Emotion Regulation: Understanding and managing our emotions
- Interpersonal Effectiveness: Communicating effectively and building positive relationships

About the program

The Young Adult DBT Program is a 12-week skills based program that provides young people with both knowledge and skills to tolerate intense feelings and decrease unhelpful behaviours. The program is based on Dialectical Behaviour Therapy (DBT) principles and combines standard Cognitive Behavioural Therapy (CBT) for emotion regulation and reality testing with concepts of mindful awareness, distress tolerance and acceptance.

When is it held?

Every Tuesday from 3:30pm to 6:45pm with afternoon tea/refreshments provided.

How much does it cost?

Participants are admitted as a day patient and as such, can claim attendance via their health fund or Workers Compensation. We ask that participants confirm any applicable out of pocket or gap costs directly with Robina Private Hospital.

How to join

A referral from an admitting Psychiatrist is required to access Robina mental health day programs. If required, a mental health assessment will be arranged prior to commencing a program.

CONSUMER APPROVED
This information has been approved for use by this Aurora hospital's Consumer & Carer Committee
2023

If you would like more information please don't hesitate to contact us. All enquires and referrals can be directed to the Day Program Coordinator on 07 5665 5144 or send an email to robinadaypatients@aurorahealth.com.au

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