

Dialectical Behaviour Therapy (DBT)

Providing resources, education and clinical support to enhance the ability to change self defeating patterns of thinking and behaving.

Who is the program for?

This program may be useful for people diagnosed with Borderline Personality Disorder or who self harm, have intense and unstable moods states as well as unstable relationships. DBT requires a strong commitment to therapy.

Program content

- 2 cycles of 3 x eight week modules
- Intake every eight weeks
- Core mindfulness
- Distress tolerance
- Emotional regulation
- Interpersonal effectiveness

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About the program

This closed group program is run by a multidisciplinary treatment team. It is skill based and assists patients to tolerate intense feelings while learning to manage self harming behaviour often associated with Borderline Personality Disorder. DBT combines standard cognitive behavioural techniques for emotional regulation and reality testing with concepts of mindful awareness, distress tolerance and acceptance. It can be used to help people experiencing symptoms of impulsivity, frequent interpersonal conflict, difficulty with emotion regulation and anger when coping in stressful situations.

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When is it held?

Weekly over one year, as detailed below.

Day program 8:30am - 9:00am Registration and sign in
9:00am - 2:30pm Group program
2:30pm - 3:30pm Facilitated relaxation session
Morning tea, lunch and afternoon tea is provided.

Evening program 4:30pm - 5:00pm Registration and sign in
5:00pm - 8:30pm Group program
Dinner and supper is provided.

Speak to a psychiatrist at Robina Private Hospital or contact Robina Private Hospital's day program reception on 07 5665 5100 to find out which days this group is offered.

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How to join

Patients interested in attending this program will need a referral to a psychiatrist with admission rights to Robina Private Hospital.

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How much does it cost?

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

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Robina

Private Hospital