

## **How DBT works**

#### Group skills training

Group skills training uses an educational approach to reduce impulsive behaviours, balance emotions, create assertiveness and helps to maintain or create healthy relationships. Group skills training occurs once a week for two hours.

#### Individual DBT skills training

Individual DBT therapy focuses on increasing motivation to build towards the most meaningful life possible by helping people use alternative skills. Individual skills training occurs once a week for one hour.

#### Phone coaching

Phone coaching helps participants to use DBT skills in crisis situations. Phone coaching is provided to individuals who participate in the group program.







### The DBT groups are held at:

Ipswich Health Plaza 21 Bell Street, Ipswich (paid parking available)

Goodna Community Health 81 Queen Street, Goodna (free parking available)

Throughout COVID-19 the DBT groups have also been held online via Microsoft Teams.

Contact your treating team for days and times, and to obtain a referral for this life-changing group.





Dialectical Behaviour Therapy (DBT)







West Moreton Health

Dialectical Behaviour Therapy (DBT) is delivered in a combination of ways: group sessions, individual sessions and over the phone coaching.

Participants will be asked to monitor their symptoms during this program and how the skills they have developed during this program are helping in their daily life.

To complete the full DBT program, three 10week modules must be attended:

- 1) Mindfulness and Distress Tolerance
- 2) Mindfulness and Emotion Regulation
- 3) Mindfulness and Interpersonal Effectiveness

We ask participants to make a commitment to an initial 10-week block.

# **Mindfulness**

Mindfulness skills centre on learning to observe, describe and participate in all experiences without judging them to be good or bad. Mindfulness is a core component of the DBT program and is essential to learning the other skills.

## **Distress Tolerance**

Distress Tolerance skills promote and support ways to accept and tolerate distress without doing anything that will make the distress worse in the long term, for example, self-harm.

# **Emotion Regulation**

Emotion Regulation skills involve identifying, understanding and managing emotional reactions in everyday life. These skills also assist with self-care and building resilience.

# Interpersonal Effectiveness

Interpersonal Effectiveness skills focus on successfully asserting your needs and managing conflict in your relationships and everyday life. These skills also assist with building new relationships and maintaining current relationships.

### "Build a life worth living"

Marsha Linehan, DBT creator, who has a lived experience of Borderline Personality Disorder



Artwork created by a previous DBT group member