

Dialectical Behaviour Therapy (DBT)- Young Adult

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

Who is the program for?

If you are a young person aged 17-21 years and have intense, unstable mood states, self-harm, and unstable relationships, this program may be useful for you in addressing your individual clinical needs. This program is useful for young people who experience intense or painful emotions, symptoms of impulsivity, frequent interpersonal conflict and who have learned unhelpful way.

Program content

- 12-week program
- Core mindfulness
- Distress tolerance
- Emotional regulation
- Interpersonal effectiveness

How to join

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

About the program

The DBT-YA Program is a 12 week program which is skills based and assists young people to tolerate intense feelings and decrease unhelpful behaviours and improve their coping skills. The Program is based on Dialectical Behaviour Therapy (DBT) principles and combines standard Cognitive Behavioural techniques (CBT) for emotion regulation and reality testing with concepts of mindful awareness, distress tolerance and acceptance.

When is it held?

Commencing Monday 22nd April

Program	Time	Info
Day	8:30am -	Registration and sign
Program	9:00am	in
	9:00am -	Group program
	12:15pm	

Morning tea is provided

How much does it cost?

Patients 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 Deakin Private Hospital.