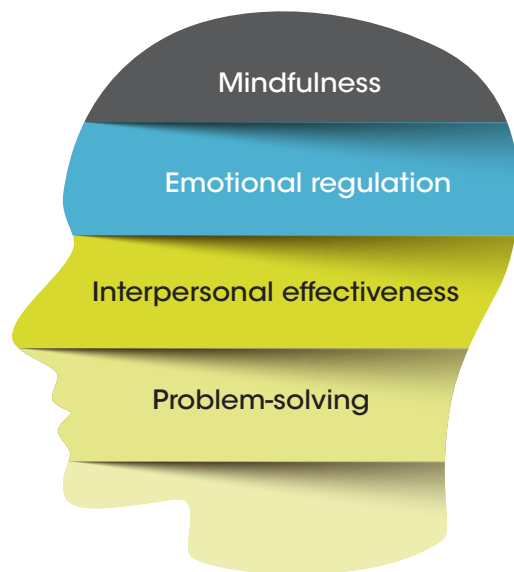


What is DBT?

Dialectical Behavioural Therapy (DBT) is an evidence-based group therapy that was developed to treat borderline personality disorder. Over time, it has been adapted to treat people with volatile emotions, relationship difficulties and self-sabotaging behaviours.

DBT helps participants manage states of psychological distress by teaching coping skills,



Join Us

If you would like to join our DBT program, please speak with your Uspace Psychiatrist, GP, psychologist, therapist or staff member.



Uspace, St Vincents Private Hospital
Level 6, O'Brien Centre
Cnr Burton & Victoria Sts
Darlinghurst, Sydney Australia
Ph: 02 8382 9762



DBT

Group Therapy

at **U**space

Dialectical Behavioural Therapy

DBT Group Therapy Program

Uospace offers Dialectical Behaviour Therapy to enhance the clinical care of patients by:

- Developing ways to identify and understand patterns of reactivity.
- Creating effective strategies to respond to psychological distress.



A Supportive Space

Learn coping skills in groups of eight, with two facilitators, utilising:



Role Play



Exercises



Brain Storming



Group Work

Specific goals include:

- Reducing self-harm behaviour
- Increasing help-seeking behaviour
- Facilitating self-identity formation
- Empowering socialisation, education and work seeking.

Program Details

The Uospace DBT group therapy program runs over 32 weeks and is made up of 4 x 8-week modules, with a half-day group session each week.

The four DBT course modules are:

MODULE 1: Core Mindfulness

Healthy coping skills to address high anxiety, negative thought patterns and impulsive behaviours.

MODULE 2: Distress Tolerance

Coping skills to assist with intense emotions and how to handle a crisis.

MODULE 3: Emotion Regulation

How to deal with unwanted emotions, reduce emotional vulnerability and understand the roles that emotions play in our inner lives.

MODULE 4: Interpersonal Effectiveness

How to improve relationships, reduce emotional hypersensitivity and increase awareness about the impacts of our behaviour on others.