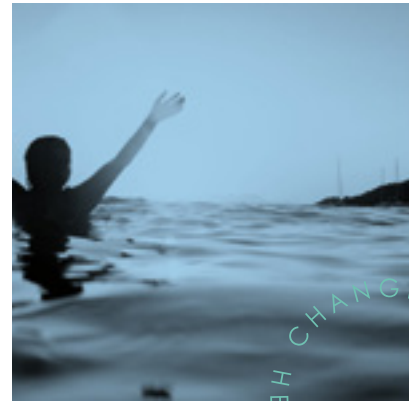


# Life Skills Program

The Life Skills Program integrates the South Pacific Private Model of Developmental Immaturity with Dialectical Behavioural Therapy to assist with distress tolerance, emotional regulation and interpersonal effectiveness.



## About

South Pacific Private are the pioneers within Australia in the treatment of trauma and co-occurring mental health issues.

Our Life Skills Program is a foundational program for individuals who require extra support in learning tools to dealing with emotional dysregulation and interpersonal conflicts. We will provide you with solid skills to help you self-regulate and give you a better understanding of how trauma has impacted you mental health.

Clients will learn to manage their trauma symptoms by developing skills to address triggers, develop self-soothing techniques and explore their defense and maladaptive coping mechanisms by replacing them with more functional coping strategies.

The program is facilitated by skilled therapists that are trained in process orientated groups and are attuned to the interpersonal dynamics that arise within the group environment.

+  
**Full Day**

+  
**In Person  
or Online**

+  
**Individuals in  
Recovery**

+  
**Major Health Funds  
and Self Payment**

## Program Content

Reduce behaviours that interfere with:

- Interpersonal / relationship problems
- Intense, reactive or unstable emotions and moods
- Excessive control or impulsivity
- Overwhelm and confusion

- Develop skills for improving quality of life by:

- Increasing ability to tolerate emotional discomfort effectively
- Improving interpersonal effectiveness skills
- Improving emotional regulation skills
- Developing mindfulness skill

## Who is it for?

The program is specifically tailored to for individuals who have struggle regulating their strong emotions, suicidal and self-harming behaviours and addictive processes.

## Cost

Most major health funds will cover the Life Skills program. Clients can claim via their private health fund, if sufficient hospital cover is held. Please note all funds have different rules. We accept self-funded payments.

The full cost of the program for self-funded is \$340 per session and includes lunch. The Online program is \$100 per session.

For more information please contact our Intake Team on 1800 063 332 and they can arrange a health fund check, and check if there are any out-of-pocket excess or gap.

## Program Delivery

The Life Skills program is available:

- 1 session per week for 8 weeks [day and evening options available]

Contact our Intake team on 1800 063 332 for a full list days and times available.

## How to get started

For clients completing their inpatient treatment at South Pacific Private – clients will be referred into the Life Skills Program by their treating Psychiatrist.

For ex-clients who have completed the inpatient program at South Pacific Private within 3 months, an assessment and psychiatric review if required will be arranged prior to the commencement of the program.

For new clients, please request a referral from your psychiatrist or GP. An assessment, if required will be arranged prior to the commencement of the program.

**Our Intake Team is available to answer your questions.  
Call 1800 063 332 now.**