

DBT Skills Training Program

The DBT Skills Training 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 DBT Skills Training Program is a foundational program for individuals who require extra support in learning tools for dealing with emotional dysregulation and interpersonal conflict. You will be provided with solid skills to help you self-regulate and give you a better understanding of how trauma has impacted your mental health.

Clients will learn to manage their trauma symptoms by developing skills to address triggers, develop self-soothing techniques and explore protective, 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

+
Individuals in Recovery

+
Major Health Funds and Self Payment

Program Content

Reduce behaviours that result in:

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

Build new behaviour to:

- Develop skills for improving quality of life
- Increase ability to tolerate emotional discomfort effectively
- Improve interpersonal effectiveness skills
- Improve emotional regulation skills
- Develop mindfulness skills

Who is it for?

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

Cost

Most major health funds will cover the DBT Skills Training 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 \$361 per session and includes lunch.

For more information, please contact our Intake Team on 1800 063 332 and a health fund check can be arranged to confirm any out-of-pocket excess or gap.

Program Delivery

The DBT Skills Training Program is available:

- 1 session per week for 8 weeks

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

How to get started

Clients currently completing their inpatient treatment at South Pacific Private will be referred into the DBT Skills Training Program by their multi-disciplinary team.

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

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

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