Dialetical Behavioural Informed Therapy (DBT)

Providing resources, education and clinical support to enhance one's ability to change self-defeating thoughts and behaviour.

Who is the program for?

Designed to assist people who experience symptoms of impulsivity, frequent interpersonal conflict, difficulty with emotional regulation, anger and poor coping in stressful situations.

Program content

- Mindfulness
- Distress tolerance
- Emotional regulation
- Interpersonal effectiveness

About the program

This program combines standard cognitive behavioural therapy (CBT) techniques for emotional regulation and reality testing with DBT concepts of mindful awareness, distress tolerance and acceptance. It is a skills based program assisting patients to tolerate intense feelings, whilst learning to manage self-harming behaviours including suicide, alcohol and drug use.

When is it held?

This closed group program is held once a week over twelve weeks. Day and evening groups are available. Morning tea is provided.

8.45am - 9.00am	Registration and sign in
9.00am - 12.15pm	Group programs (day program)
OR	
5:00pm - 8.15pm	Group program (evening program)

How to join

If you are interested in attending this program you will need to discuss this with your treating Psychiatrist or General Practitioner who will assess your suitability and if appropriate, provide a referral.

How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. All health funds have different rules. Please check with our Therapy Liaison Officer, who will advise if any out-of-pocket excess or gap costs are applicable to you.

Further Information

For information on this program please contact our Daypatient Coordinator on

T: 08 9380 4999

F: 08 9388 3179

Consumer Approved

THIS INFORMATION HAS BEEN APPROVED FOR USE BY THE ORGANISATIONS RELEVANT CONSUMER/PATIENT/CARER REPRESENTATIVE GROUPS

Marian Centre

healthecare™

Luye Medical

187 Cambridge Street, Wembley WA 6104 T: 08 9380 4999 F: 08 9388 3179
E: mrn.reception@healthecare.com.au / **mariancentre.com.au**