

Toronto Private Hospital

Dialectical Behaviour Therapy

Providing resources, education and clinical support to enhance your ability to practice distress tolerance, emotion regulation and interpersonal effectiveness.

Who is the program for?

DBT was developed as a treatment for people with borderline personality disorder, self-harm and/or suicidal urges, but is also now used to manage distressing emotions and to regulate emotions. DBT requires a strong commitment to therapy.

Program content

- 3 x 8 week modules
- Intake every 8 weeks
- Core mindfulness
- Distress tolerance
- Emotion regulation
- Interpersonal effectiveness

About the program

The DBT program covers three modules that aim to develop your skills in the areas of distress tolerance, emotion regulation and interpersonal effectiveness. DBT combines standard cognitive behavioural techniques for emotion regulation and reality testing with concepts of mindful awareness, distress tolerance and acceptance. It can be used to help people experiencing symptoms of impulsivity, frequent interpersonal conflict and difficulty with emotion regulation, anger and poor coping in stressful situations.

When is it held?

This group is held on Monday, Wednesday or Thursday mornings 9.00am-12.00pm every week for 24 weeks.

How to join

A referral from a Psychiatrist or GP is required to access Toronto Therapy Services mental health day programs. If required, a mental health assessment will be arranged prior to commencing a program.

How much does it cost?

Participants are admitted as a day patient and as such, can claim attendance via their health fund or Workers Compensation. We ask that participants confirm any applicable out of pocket or gap costs directly with Toronto Private Hospital.

Further information

For information on this program please contact the Toronto Private Hospital Day Programs Team.

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