

# The Dialectical Behaviour Therapy Program (DBT)

The Dialectical Behaviour Therapy Program covers three modules that aim to develop your skills in the areas of distress tolerance, emotion regulation and interpersonal effectiveness.

## Where is it held?

The program is held at Toronto Therapy Services, Toronto Private Hospital.

## When is it held?

This program runs for three hours once a week for 24 weeks. Please contact us on 1800 311 470 for the day and time of this program.

## How do I join?

Ask your GP or psychiatrist for a referral to Toronto Therapy Services. When we have received this we will contact you to arrange an intake assessment.

## Will I have to pay?

You will need private health insurance to cover the cost of your program. Our clerk can conduct a fund check to ensure you have the appropriate coverage.

For further information, contact the Toronto Therapy Services on 1800 311 470 or visit [www.torontoprivate.com.au](http://www.torontoprivate.com.au)

## Who is the program for?

DBT was developed as a treatment for people with self harm and/or suicidal urges, but is also now used to manage distressing emotions and to regulate emotions.

## Program content

### MODULE 1 Distress Tolerance

- Week 1 Mind States
- Week 2 Mindfulness
- Week 3 Crisis Survival Strategies 1
- Week 4 Crisis Survival Strategies 2
- Week 5 Guidelines for Accepting Reality 1
- Week 6 Guidelines for Accepting Reality 2
- Week 7 Radical Acceptance
- Week 8 Review

### MODULE 2 Emotion Regulation

- Week 9 Mind States
- Week 10 Mindfulness
- Week 11 Goals of Emotion Regulation
- Week 12 Model for Describing Emotions
- Week 13 Ways to Describe Emotions
- Week 14 Function of Emotions
- Week 15 Reducing Emotional Vulnerability
- Week 16 Review

### MODULE 3 Interpersonal Effectiveness

- Week 17 Mind States
- Week 18 Mindfulness
- Week 19 Situations for Interpersonal Effectiveness
- Week 20 Goals of Interpersonal Effectiveness
- Week 21 Intensity of Interpersonal Effectiveness
- Week 22 Guidelines for Interpersonal Effectiveness 1
- Week 23 Guidelines for Interpersonal Effectiveness 2
- Week 24 Review