

Radically Open Dialectical Behavioural Therapy (RODBT)

Radically Open DBT assists individuals to develop skills to increase psychological flexibility, improve social signalling and connectedness and improve ability to adapt to change.

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 30 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

Who is the program for?

RODBT is an effective treatment for overcontrol (OC) conditions such as anorexia nervosa, chronic depression, and obsessive-compulsive disorder (OCD).

Program content

Week 1	Radical Openness
Week 2	Understanding Emotions
Week 3	Activating Social Safety
Week 4	Enhancing Openness and Social Connection
Week 5	Engaging in Novel Behaviour
Week 6	How do Emotions help us?
Week 7	Understanding Overcontrolled Coping
Week 8	Tribe Matters: Understanding Rejection & Self-consciousness
Week 9	Social Signalling Matters
Week 10	Using Social Signalling to Live by your Values
Week 11	Overcontrolled States of Mind
Week 12	Mindfulness Skills
Week 13	Mindfulness Skills
Week 14	Mindfulness Skills
Week 15	Interpersonal Integrity
Week 16	Interpersonal Integrity
Week 17	Interpersonal Effectiveness
Week 18	Being Assertive with an Open Mind
Week 19	Using Validation to Signal Social Inclusion
Week 20	Enhancing Social Connectedness
Week 21	Enhancing Social Connectedness
Week 22	Learning from Corrective Feedback
Week 23	Mindfulness
Week 24	Mindfulness
Week 25	Mindfulness
Week 26	Mindfulness
Week 27	Envy and Resentment
Week 28	Cynicism, Bitterness and Resignation
Week 29	Learning to Forgive
Week 30	RO Integration Week