

## **The Alfred Dialectical Behaviour Therapy Program**

The Alfred runs a comprehensive outpatient DBT (Dialectical Behaviour Therapy) Program. DBT is an evidence-based psychological treatment for individuals with borderline personality disorder. It is also suited to individuals who may have problems regulating their emotions, who have been given multiple psychiatric diagnoses and/or for those who self-harm or engage in suicidal behaviours.

There is good evidence that this treatment can reduce:

- Suicidal and self-harming behaviours
- Emergency and psychiatric hospital visits
- Depression, anxiety and anger

### **What's involved in DBT?**

Individuals in DBT commit to being in the program for a period of approximately 15 months. This includes a pre-commitment phase and 12 months of group and individual therapy.

There are four components of DBT:

1. Individual therapy-weekly sessions
2. Group skills training- meets weekly and covers the following modules: Mindfulness, Interpersonal Effectiveness, Distress Tolerance and Emotion Regulation
3. Phone coaching- between session skills coaching
4. Team consultation- this is a meeting amongst the DBT therapists to ensure we are providing DBT effectively.

### **For referral/to ask questions:**

-St Kilda Rd Clinic Ph: 9076 9888

-Waiora Clinic Ph: 9076 4700

### **For more information on DBT:**

[www.dbtselfhelp.com/](http://www.dbtselfhelp.com/)

<http://behavioraltech.org>