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.dbtselphelp.com/
http://behavioraltech.org