

# Dialectical Behaviour Therapy (DBT)

Information for patients, carers,  
family and support persons



The Victoria  
Clinic  
by Healthscope

324 Malvern Rd,  
Prahran VIC 3181

P 03 9526 0200 | F 03 9521 7510

[thevictoriaclinic.com.au](http://thevictoriaclinic.com.au)

ABN 85 006 405 152



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Community  
of Care



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**The Victoria Clinic offer a comprehensive DBT program, which is conducted on an outpatient basis. It is designed for individuals with long-standing behavioural and emotional difficulties, in particular, those with a diagnosis of Borderline Personality Disorder (BPD) or Borderline Personality Traits.**

The features of BPD include symptoms such as emotional dysregulation, unstable interpersonal relationships and self-image, and impulsive behaviours (including suicidal and self-harming behaviours).

DBT is a skills-based program which aims to teach participants alternative strategies in managing their emotions, relationships and crises more effectively. These strategies are both change and acceptance-focused.

**The Victoria Clinic's DBT Program consists of four modules:**

- Mindfulness
- Distress Tolerance skills
- Emotion Regulation skills
- Interpersonal Effectiveness skills

## When does it run?

The DBT Program is 12 months in length and consists of six, seven-week modules. Intakes occurs throughout the year at the end of each seven-week module.

Participants in the DBT Program attend a group session each week on a Monday from 9.30am to 3.00pm.

## How to access the program

You will be required to have regular reviews with your psychiatrist whilst attending the day program.



## During your admission

All referrals are subject to a health fund check prior to admission to a program. We have agreements with Private Health Funds, Department of Veterans' affairs (DVA), Workcover and TAC. Self-funding is also an option.

Please call us to discuss any questions you may have in relation to cost.

## How much does it cost?

Our Patient Services staff will be pleased to answer any questions you may have in relation to cost.

Our Day Program Administration Officer will do a health fund check and give you feedback on whether your cover includes day program and whether there are any out of pocket expenses.

All referrals are subject to a health fund check prior to admission or commencing a program and prior approval is sought for compensable for Workcover, TAC and Department of Veterans' affairs (DVA) patients.

## More information

Please contact The Victoria Clinic intake on **03 9526 0295** if you have any questions.