

Dialectical Behaviour Therapy (DBT)

Information for patients, carers,
family and support persons



The Victoria
Clinic
by Healthscope

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Community
of Care



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The Victoria Clinic offers a comprehensive DBT program on an outpatient basis. It is designed for individuals with long-standing behavioural and emotional difficulties, particularly those with a diagnosis of borderline personality disorder (BPD) or borderline personality traits.

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

How will it help me?

DBT is a specialised, evidence-based form of Cognitive Behavioural Therapy (CBT). Our skills-based program teaches you strategies for managing your emotions, relationships and crises more effectively. These strategies are both change- and acceptance-focused.

What does the program look like?

The Victoria Clinic's DBT Program runs over 12 months and consists of six, 7-week modules. Participants attend a group session on Mondays from 9.30am to 3.00pm, with morning tea and lunch provided.

The modules consist of:

- Mindfulness
- Distress tolerance skills
- Emotion regulation skills
- Interpersonal effectiveness skills

Intakes occur throughout the year at the end of each 7-week module.

You will need to have regular reviews with your psychiatrist throughout the program.



How is the program funded?

We have agreements with private health funds, DVA, WorkCover and the TAC. Self-funding is also an option. All referrals are subject to a health fund check prior to program admission.

We are happy to answer any questions about costs. Please call us on **03 9526 0295** to discuss your options.

How do I access the program?

You will need to ask your GP for a referral to a psychiatrist accredited with The Victoria Clinic. If you do not have a psychiatrist, we can arrange this for you.

Once we receive your referral, a Day Program team member will contact you to arrange an assessment to determine your eligibility and readiness for the DBT program.

Like more information?

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