

Contact

For further information, please contact the DBT Coordinator on: **03 9270 0350** or **03 9526 0295**.

Fees

Private health insurance is recommended. Funding may be provided by other agencies such as Workcover insurers. Self funded clients are also welcome.



The Victoria Clinic

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ABN 85 006 405 152

12/17



The Victoria Clinic

Dialectical Behaviour Therapy (DBT)

Information for patients, carers,
family and support persons.



Dialectical Behaviour Therapy (DBT) Program

We offer a full 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 DBT Program consists of:

- Skills group sessions
- Weekly individual DBT sessions
- Phone coaching
- DBT Team Consultation Meeting.

The features of the 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.

Referral and Assessment Process

- Potential clients must be referred by a Victoria Clinic accredited psychiatrist (e.g. day program referral form or letter).
- Once a referral has been received, an initial assessment will be booked and conducted by a member of the Day Program team in order to determine eligibility for the DBT Program.
- If eligible, a follow-up assessment will be scheduled to further assess suitability.
- Clients will then be placed on the waiting list for the DBT Foundations Group and will be contacted when a place becomes available.

DBT Foundations Group

- The DBT Foundations Group is an eight-week program which clients are to attend once they have had their follow up DBT assessment.
- The DBT Foundations Group is designed to give clients information about DBT and BPD. It also encourages clients to examine the changes they wish to make in their lives and barriers to this and enhancing commitment to the DBT program.
- Clients are to attend at least five of the eight sessions of the program to be placed on the waitlist for the DBT 12-month program.

DBT Program Details

- The DBT Program is 12 months in length
- It consists of three 14-week modules. The main intake occurs in January, May and September each year.
- The modules consists of Mindfulness, Interpersonal Effectiveness, Emotion Regulation and Distress Tolerance skills.
- Participants in the DBT Program attend the following each week:
 1. Group session (Monday or Tuesday - 9.30am to 2.30pm or Thursday 3.30pm to 8.30pm)
 2. Individual session (50mins)
- All clinicians are experienced mental health professionals.

DBT Graduates Group

The DBT Graduates Group is a program which clients may attend once they have completed the initial 12 month DBT Program. The DBT Graduates Group is an ongoing group which participants may attend for 12 months.

The Graduates Group provides additional information and discussion around the set of skills taught within the first year course (Mindfulness, Interpersonal Effectiveness, Emotion Regulation, Distress Tolerance).