

# Dialectical Behaviour Therapy (DBT)

## What is DBT?

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Dialectical Behaviour Therapy (DBT) has been developed for clients with emotional challenges, including severe difficulties with distress tolerance and emotion regulation skills.

It teaches strategies to better manage these aspects of living in addition to mindfulness and relationship effectiveness skills. This group is based on the work of Marsha Linehan and has become the gold standard for the treatment of a range of disorders including Post-Traumatic Stress Disorder and Borderline Personality Disorder. DBT has also been found to effectively treat depression, substance dependence and eating disorders.

## Modes of Treatment

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Trainings are designed to complement the regular therapeutic sessions with counsellors. The group sessions are facilitated by DBT informed and ACC approved Therapists. Sessions will be interactive and best suited to clients motivated toward changes.

## Referral Criteria

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This DBT skills group will form part of the ACC Integrated Services for Sensitive Claims services delivered by South Coast Psychology therapists.

Clients eligible for participation in the DBT skills group will be those with an accepted ACC sensitive claim and are in the support to wellbeing phase of treatment.

They will have approval by ACC to attend the DBT skills training group.

## Hours to Request

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SCGT2 - In-person triage for Group-based Therapy - 1 hour

SCGWL - Group-based Therapy (DBT 52-week course) in-person sessions – 102 hours

## Programme Overview

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The essential components of the skills group programme are skills focussed around 4 domains:

**Mindfulness Skills** — The core skill of DBT: This is about learning how to accept life as it is in the moment. The mindfulness skills in DBT come from eastern meditative skills which teach us how to focus our attention.

**Distress Tolerance Skills** - These build on mindfulness skills to provide distress tolerance or crisis survival skills. These are skills for learning to bear emotional pain, without making the situation worse.

**Emotion Regulation Skills** — Again, based on mindfulness, i.e., learning how to observe, describe and participate in an emotion - and learning that the experience of emotion is not the same as the behaviour we do after feeling emotional. Through this, we learn strategies to accept and also change painful emotions, and to increase more positive mood states.

**Relationship Effectiveness Skills** — Relationships can be hard for people with intense emotions. Skills from the other modules can also help people manage emotions in relationships. The skills taught in this module are very practical ones, e.g. How do I go about getting my needs met without damaging a relationship? How do I learn to say no to people? How can I ask for what I want?

## Course Information

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Location: 70 Victoria Avenue, Invercargill

Dates: Three Modules

- TBC

Times: Monday

- Group 1 – 5:00 pm – 6:30 pm
- Group 2 – 6:30 pm – 8:00 pm

**For further information please contact:**

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