

Do you have someone in your life struggling with intense emotions?

DBT for Partners, Friends and Family

Join our 8-week education and experiential group, to learn how to be more effective in interacting with a loved one who is suffering from emotion dysregulation. DBT for Partners, Friends and Family is based on the dialectical behaviour therapy (DBT) program developed by Dr Marsha Linehan, that is supported by more than 30 years of research (including randomised controlled trials).

This is not a therapy group. It is run as a skills-based education program, where you will be taught DBT theory and skills including emotion regulation, distress tolerance, interpersonal effectiveness and mindfulness. These skills will be taught in the context of how best to support your loved one.

There will be a homework component each week to help generalise the learnings. The program is run by two clinicians with substantial experience in DBT.

DATES

MONDAYS 6-8PM (in person)

2023

October 23, 30

November 6, 13, 20, 27

December 4, 11

Cost

\$800 per person



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