



DBT PSYCHOLOGY CLINIC

The **DBT Psychology Clinic** is a private outpatient clinic located in Potts Point, Sydney. We offer a 48-week comprehensive Dialectical Behaviour Therapy (**DBT**) treatment program.

Why DBT?

Dialectical Behaviour Therapy (**DBT**) is a program developed for clients who feel out-of-control in managing their emotions, in particular, clients diagnosed with borderline personality disorder/traits. Research has shown **DBT** to be effective in reducing suicidal behaviour, non-suicidal self-injury, psychiatric hospitalisation, treatment dropout, substance use, anger and depression and improving social and global functioning. **DBT** is not a suicide prevention program, it is a program designed to help individuals build a life worth living.

Referral Process

We take referrals from health professionals and from clients themselves. If you think **DBT** may be for you, contact us to arrange an initial consultation.

☎ 0434 595 195

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For further information on dates and prices, please see our website:

🔍 www.dbtpsychologyclinic.com

Structure of the Program

The program involves weekly individual therapy, a weekly skills-training group and telephone coaching. To ensure the best outcomes for our clients, all therapists in our team meet weekly for consultation.

This structure is compliant with **DBT** research.

The skills training component of the program consists of three eight-week modules, completed twice :

1. **Mindfulness and Emotion Regulation,**
2. **Mindfulness and Distress Tolerance and**
3. **Mindfulness and Interpersonal Skills**

