

Ramsay Clinic Macarthur

# DBT *Day Program*

Ramsay Clinic Macarthur offers a number of different day programs, designed to provide patients with ongoing support and skills once they have been discharged from the clinic.

To join a group, the steps are as follows:

1. Speak with an Allied Health Team member to express interest and complete an initial form or call us on 4640 5561.
2. See your Ramsay Clinic Macarthur Psychiatrist so they can assess whether the day program fits into your treatment plan or book an appointment with one by calling 4640 5540.
3. An Allied Health Team Member will contact you when there is a vacancy in your chosen group (wait times vary between groups).

## Dialectical Behaviour Therapy (DBT) Skills Group

Monday 9:00am – 2:30pm  
Tuesday 9:00am – 2:30pm  
Thursday 9:00am – 2:30pm  
Friday 9:00am – 2:30pm

Dialectical Behaviour Therapy (DBT) is very helpful for those who experience lots of extreme ups and downs in their life. It is most helpful for people who have unhelpful coping strategies, such as self-harm. DBT is broken up into three modules:

- **Distress tolerance:** how to tolerate pain in difficult situations, not change it
- **Interpersonal effectiveness:** how to ask for what you want and say no while maintaining self-respect and relationships with others
- **Emotion regulation:** how to change emotions that you want to change

Mindfulness is an important skills that is taught throughout DBT. It is the practise of being fully aware and present in this one moment. The DBT skills group meets once a week for 12 months.

**N.B.** participants need to have an individual DBT therapist they see at least once per month, and a Northside Macarthur Psychiatrist they see every 2 months (or as recommended), while they are in the DBT Skills Group. Prior to commencement, an assessment is conducted to ensure suitability.

### Ramsay Clinic Macarthur

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*People caring for people*



Ramsay  
Mental Health