

Ramsay Clinic Wentworthville

# DBT *Day Program*

“Don’t let your emotions run your life”.

## Aim

Our program is designed for individuals who have a history of challenging relationships, difficulty regulating their emotions/mood and tolerating distress, as well as those who use unhelpful or impulsive behaviours to manage stress.

The skills training component of group teaches DBT behavioural skills designed to increase resilience, facilitate acceptance and change, and ultimately build a life worth living.

## Criteria

- Referral from GP (Outpatients only)
- Assessment and ongoing review by Psychiatrist at Ramsay Clinic Wentworthville
- Able to learn and retain information
- Actively participate and complete workbooks, homework

## Structure

Although this group is psychoeducational, there is an emphasis on practical skill building, with a focus on experiential learning. Participants will be expected to implement the skills in their personal lives and report their progress weekly to the group. Group topics include:

- Mindfulness training
- Interpersonal effectiveness skills
- Emotional regulation skills
- Distress tolerance skills

## Duration

26 weeks minimum – one-year maximum

For further information or to make a referral please call the Allied Health Manager on 02 8833 2200

## Ramsay Clinic Wentworthville

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*People caring for people*



Ramsay  
Mental Health