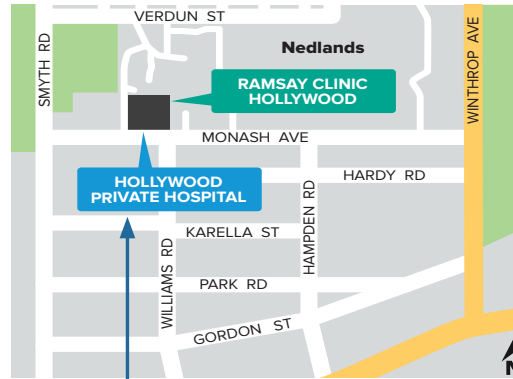


Please direct referral and requests for further information to:

DBT Skills Program Coordinator
Ramsay Clinic Hollywood
Hollywood Private Hospital
Monash Avenue, Nedlands WA 6009
Telephone (08) 9346 6801
Fax (08) 9346 6829
Monday to Friday 8.00am to 5.00pm



Ramsay Clinic Hollywood is located here

A multi-storey car park is conveniently located opposite Ramsay Clinic Hollywood, off Entrance 5 on Monash Avenue. Please visit [ramsaymentalhealth.com.au/hollywood](https://www.ramsaymentalhealth.com.au/hollywood) for detailed parking information and current pricing.



**Ramsay
Mental Health**

Ramsay Clinic Hollywood
Entrance 5, Monash Avenue
Nedlands WA 6009

Ph: 08 9346 6803 – Fax: 08 9346 6829
[ramsaymentalhealth.com.au](https://www.ramsaymentalhealth.com.au)

People caring for people

Dialectical Behaviour Therapy *(DBT)*



**Ramsay Clinic
Hollywood**
[ramsaymentalhealth.com.au](https://www.ramsaymentalhealth.com.au)


**Ramsay
Mental Health**

Dialectical Behaviour Therapy

(DBT) is an effective treatment for people experiencing frequent and intense changes in emotional state, often leading to self-defeating behaviours. Research has shown that DBT helps people experiencing emotional dysregulation to learn new skills to manage overwhelming emotions without resorting to self-harming behaviours.

The Program

The DBT Skills Program at Ramsay Clinic Hollywood is focussed on the skills training component of DBT in the form of an initial 12-week closed group, followed by periodic reviews for ongoing skills training as needed. The program is highly structured and includes sessions dedicated to learning mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.

Mindfulness

Many people experiencing emotional dysregulation can feel under emotional duress. Mindfulness skills are a core component of DBT because the skills help people to become more aware of their state of mind and learn how to respond to emotions on the basis of their 'wise mind'. The skills introduced will demystify mindfulness by breaking the process down into steps that can be practiced: "what" to do to be mindful and "how" to do it. Mindfulness skills can help people to experience the present moment and learn to let go of and get less caught in habitual, negative judgements about themselves.

Distress Tolerance

The distress tolerance module is focussed on developing practical crisis survival skills. This set of skills helps people to reduce their reliance on problematic ways of coping with very strong emotions and with self-destructive urges. Distress tolerance skills are essential to overcome behaviours associated with distress intolerance and impulsivity, such as substance use, disordered eating, and self-harm. The aim is for you to feel more in control when you experience significant distress, and to avoid the longer term costs that problematic coping has on our emotional and physical wellbeing, and our relationships.

Emotion Regulation

Emotion regulation is at the heart of the DBT Skills program. This module begins with developing an in-depth understanding of emotions: this is a prerequisite in learning how to regulate emotions. The module also includes cognitive and behavioural skills that can become powerful tools to modulate the intensity of emotions. The skills introduced also help people to reduce their vulnerability to emotional dysregulation by building up positive experiences and attending to health issues.

Interpersonal Effectiveness

Interpersonal effectiveness is focussed on developing skills to express feelings and needs, set limits, negotiate solutions and validate the feelings of others. This final module of the program is specifically aimed at improving relationships and respecting personal values and beliefs. Problematic beliefs or 'myths' that get in the way of communicating effectively are also addressed in this module.

Format

If you are admitted to this program you are required to attend one group (three hour session) each week for 12 weeks and an ongoing commitment to individual therapy (fortnightly minimum). Opportunities exist for participants to engage in an ongoing open DBT skills group once they have finished the initial 12 week program. An integral part of the program is a commitment to regular group attendance and practice of the skills introduced. Groups are a maximum of eight and consist of people with similar diagnosis.

Clinic Staff

The program is facilitated by a team of psychologists.

Eligibility/Referrals

The program is accessible for people who have been referred by a consultant psychiatrist with admitting rights to Ramsay Clinic Hollywood and have an existing clinical psychologist for individual therapy. Individuals are assessed to establish their suitability for the program. The DBT skills training facilitators share progress reports with the referring consultant psychiatrist and clinical psychologist as part of a collaborative treatment approach.

Privacy and Confidentiality

All patient information is confidential. Your health record remains the property of Hollywood Private Hospital.

Hollywood Private Hospital must comply with the Ramsay Health Care Privacy Policy and the Privacy Act 1988 (Cth) in its dealings of an individual's personal information. The privacy policy is available to patients and visitors. Please speak to one of our staff should you wish to obtain a copy.

For further information, please contact the Privacy Officer on (08) 9346 6224