

DBT Solutions

At The Psychological Health Centre

The DBT Process

1

SCREENING CALL

A phone call to help you and us work out if DBT could possibly be an effective treatment option for you or the person you care about. There is no cost for this phone call. Call us on 0481 308 742 to arrange to speak with our DBT Program Coordinator. We are happy to take calls from families or other key people however to book an assessment appointment we would need to speak directly with the person seeking treatment

2

ASSESSMENT

Two one-hour sessions to find out more about the challenges you are facing, the diagnoses you may have been given, the treatments you have tried and what you are wanting from treatment. An opportunity for you to learn about the DBT approach, how our program works, what commitments would be needed from you and what commitments we make to you. At the end of these sessions we will decide together whether the comprehensive DBT program is the most effective and efficient treatment option for you.

3

PRE-TREATMENT SESSIONS

Two to three sessions to lay the foundation for treatment in the DBT program. You and your individual therapist work together to agree on goals, targets, and a plan for treatment. We will begin to better understand the challenges you have been facing and any potential barriers to you achieving what you want in this program. We also begin to teach you some of the core skills to prepare you for the program to address your immediate needs.

4

INDIVIDUAL THERAPY

We will commence regular, weekly individual sessions with one of our experienced DBT therapists. These are structured around your treatment targets and utilise behavioural analysis and acceptance strategies to make sense of emotions and behaviour patterns as well as strengthen and build skills.

5

SKILLS TRAINING GROUP

(with access to between session skills coaching)

Once individual therapy is established the team will offer you the next available spot in a DBT Skills Training Module. This includes 20 two and a half hour skill training sessions facilitated by two of our DBT therapists.

6

END OF PROGRAM

As you near the end of your initial commitment, your individual therapist in consultation with the team will help you to assess and decide on your next steps. These may include:

- Graduating from the program and getting out into life
- Repeating the program to continue to target changes you want or to consolidate your gains
- Transferring back to your pre-DBT therapist or another treatment modality to help you continue to reach your goals.