

ADULT

Dialectical Behaviour Therapy Groups (DBT)

We are now offering **Dialectical Therapy Outpatient Groups for Adolescents** at **The Day Clinic** at Oxford Healthcare Centre, 75 Oxford Road, Saxonwold, Johannesburg.

Dialectical Behaviour Therapy (DBT) offers skills training for understanding and addressing difficulties associated with mood swings, impulsive behaviour (including self harm), interpersonal difficulties and chronic low self-esteem. It is a skills training and not an alternative to therapy. DBT is best used in conjunction with the patient attending their own individual therapy and The Day Clinic encourages this dual process. The focus is on facing and addressing difficulties, as an alternative to avoidant or destructive behavioural patterns. There is an emphasis on self-acceptance coexisting with behaviour change. The 4 pillars of DBT are: mindfulness, distress tolerance, emotional regulation and interpersonal effectiveness.

There are **3 separate modules** available throughout the course of the year: 1. Distress tolerance skills, 2. Emotional regulation, 3. Interpersonal effectiveness. All modules will focus on Mindfulness and Mentalising skills. Here a greater understanding of lived DBT skills will be attained by working through each module, and its application in everyday life. The DBT modules will run for three weeks (a 2 hour session twice a week), addressing one of the pillars of DBT. A **weekly follow up adult support group** of 1 ½ hours will be available once DBT has been completed the initial module to maintain a DBT informed approach to address arising or ongoing difficulties.

An assessment interview is required prior to being admitted to the DBT program. The assessment is R1500 for an hour interview and a 15minute feedback session following each DBT module.

A minimum of 5 and maximum of 9 people are required to run the groups successfully. The groups are charged at a rate of R440 per hour of treatment (R5280 per module).

Assessment: R1500 for 1 hour interview and three 15minute follow ups following the attendance of each module. (3 follow up sessions)

Distress Tolerance Skills (R5280)

Emotion Regulation Skills (R5280)

Interpersonal Effectiveness Skills (R5280)

Maintenance group R450 for 1hr 30min session

DBT Time: Mondays & Thursday 13h00 - 15h00 or Tuesdays & Fridays 13h00 - 15h00