

ADOLESCENT 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.

The adolescent program consists of two major elements, **the DBT skills** modules for the **adolescents** and DBT informed **sessions for the parents**.

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 five weeks (a 2 hour session weekly), addressing one of the pillars of DBT. **Parents have the choice to attend a parenting group** while the adolescents are in their DBT module. A **weekly follow up adolescent support group** of 1 ½ hours will be available once adolescents have 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 R1000 for an hour interview. There will a half an hour feedback session following each DBT module, this will be R500.

A minimum of 5 and maximum of 8 people are required to run the groups successfully. The groups are charged at a rate of R440 per hour of treatment (R4400 per module). To make a referral please complete the brief form attached.

For more information, go to www.thedayclinic.co.za or call 010 350 0350

Assessment: R1000 for 1 hour interview, there will be 3 half hour follow ups following the attendance of each module for R500 each.

Module 1 - Distress Tolerance Skills (R4400)

Module 2 - Emotion Regulation Skills (R4400)

Module 3 - Interpersonal Effectiveness Skills (R4400)

Parenting group R660 for 1 hr 30min session

Adolescent DBT 2018

Module One

Session One	16 July 2018	
Session Two	23 July 2018	Parent group
Session Three	30 July 2018	
Session Four	06 Aug 2018	Parent group
Session Five	13 Aug 2018	

Support Group	20 Aug 2018
Support Group	27 Aug 2018

Module Two

Session One	17 Sep 2018	Parent group
Session Two	24 Sep 2018	
Session Three	01 Oct 2018	Parent group
Session Four	08 Oct 2018	
Session Five	15 Oct 2018	Parent group

Module Three

Session One	22 Oct 2018	Parent group
Session Two	29 Oct 2018	
Session Three	05 Nov 2018	Parent group
Session Four	12 Nov 2018	
Session Five	19 Nov 2018	Parent group

Support Group	26 Nov 2018
Support Group	03 Dec 2018