

# Northern Adelaide



The programs below can be accessed via:

Salisbury Health

The DBT service operates in the following areas

North: 7-9 Park Tce, Salisbury SA 5108

Phone 08 7485 4300

North-East: 116 Reservoir Rd, Modbury 5092

Phone 08 7425 6300

## *Dialectical Behaviour Therapy (DBT) Skills Training Group*

Length: 26 weeks    Frequency: Weekly, 2.5 hours per session    Waiting Time: 18 months    Cost: Free

Dialectical Behaviour Therapy (DBT) has been identified as the most successful and effective psychotherapeutic approach for BPD. Research conducted on this treatment has shown it to be more effective than most other psychotherapeutic and medical approaches to helping a person to better cope with this disorder. DBT focuses on helping the person with BPD build skills in acceptance and tolerance of intense negative emotions as a means to take better control of their lives.

DBT Programs require the person with BPD to access two modes of treatment – Individual Therapy and Skills Training. Skills Training focuses on teaching skills in distress tolerance, mindfulness, emotion regulation and interpersonal effectiveness.

Groups are limited to 15 per group with 2 facilitators.

## *Dialectical Behaviour Therapy (DBT) Intensive Programme*

Length: 6-12 months    Frequency: Weekly, group and individual sessions    Waiting Time: Determined by DBT staff  
Cost: Free

Dialectical Behaviour Therapy (DBT) has been identified as the most successful and effective psychotherapeutic approach for BPD. Research conducted on this treatment has shown it to be more effective than most other psychotherapeutic and medical approaches to helping a person to better cope with this disorder. DBT focuses on helping the person with BPD build skills in acceptance and tolerance of intense negative emotions as a means to take better control of their lives.

DBT Programs require the person with BPD to access two modes of treatment – Individual Therapy and Skills Training. Individual Therapy is focused on providing individualised support, such as assisting in crisis situations and managing risk. Groups are limited to 15 per group with 2 facilitators.