

# Mount Gambier



**The programs below can be accessed via:**

**Integrated Mental Health Team (South East) - Country SA**

**Location: Wehl Street North, Mount Gambier SA 5290**

**Phone 08 8721 1507**

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

**Length:** 25 weeks    **Frequency:** Weekly, 2 hours per session    **Waiting Time:** Subject to referral date    **Cost:** Free

Dialectical Behaviour Therapy (DBT) is the most proven treatment available for people with a diagnosis of Borderline Personality Disorder (BPD). DBT combines cognitive behavioural strategies with a dialectical world view, to help people with BPD to build a life that is worth living.

### *What is the DBT Skills Training Group?*

The DBT Skills Training Group is a 25 week program designed to teach the skills necessary for you to establish stability in your life. The group runs for 2 hours each week with a short tea/coffee break. The focus of the group is skills acquisition – it is not a ‘process group’ to discuss feelings or recent distressing episodes. Homework is required to assist you in practicing new skills and monitoring your progress.

### *What are the DBT Group skills?*

The DBT Skills Training Group consists of four components. Each contains a range of skills which, with practice, can help you to improve your life.

- Mindfulness skills will assist you in learning to focus your attention on the present moment. You will learn to observe and describe experiences, effectively and without judgement.
- Emotion Regulation focuses on skills to moderate emotions and have more effective emotional experiences. You are taught to understand and label emotional experiences, decrease your vulnerability to emotional thinking, and overcome mood dependent actions.
- Distress Tolerance teaches you to accept yourself, emotions and the current situation, to survive crises and avoid harmful behaviour.
- Interpersonal Effectiveness focuses on interpersonal problem solving and effective communication, helping you to maintain positive relationships and reduce overwhelming emotions.

### *What do I have to agree to?*

Participation in the group requires a significant commitment. Effective treatment takes time and effort. You will need to commit to full participation in the group program, which takes about 6 months. We expect you to maintain weekly or fortnightly contact with your Mental Health Case Manager and to notify the group facilitators if you are unable to attend group sessions. If you miss 3 group sessions in a row, you will need to withdraw from the rest of the group until the next cycle begins. This is because consistency and continuity are important for you to feel included in the group and benefit from the program. This level of commitment can feel overwhelming at the beginning. It is important to find reasons to take the first steps to building a life worth living and to ‘stick with it’ once you’ve started.

If you are interested in joining the DBT Skills Training Group, speak with your GP or Mental Health Case Manager about a referral.

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The program/s below can be accessed via:  
**Mental Illness Fellowship of South Australia (MIFSA)**  
**Location: 5 Cooke Terrace, Wayville SA 5034**  
**Contact Person/s: Judy Burke**  
**Phone 08 8276 4552**

## *Sanctuary Support Group*

**When:** 2nd Tuesday of each month, 4-6pm **Waiting Time:** Nil **Cost:** Gold coin donation

For carers of people with Borderline Personality Disorder (BPD), to increase awareness of BPD, recognise challenges, and share with others experiencing similar journeys. Advice about ways of engaging with loved ones as well as sources of information and treatment are also on the agenda.