

Private Programs

The program/s below can be accessed via:

Adelaide DBT

Website: <https://adelaiddbt.com.au>

Phone 08 7071 0718

Location: 22-24 Unley Road, Unley SA

Email reception@adelaiddbt.com.au

Adelaide DBT - Individual and Group Programs

Frequency: 2nd Tues of the month, 4-6pm **Waiting Time:** Minimal **Cost:** Varies depending on program

Adelaide DBT is a specialist service for Dialectical Behaviour Therapy (DBT) and the treatment of Borderline Personality Disorder. They are a team of clinicians who have undertaken comprehensive training in DBT and have extensive experience in working with clinical mental health presentations. They offer a range of evidence-based therapies including DBT, Mentalization Based Therapy, Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, and Schema Therapy. Programs and services available include:

- Full DBT Program - group program held over 6 months, 2 hours per week, \$65 per week (\$50 concession). Individual appointments are \$175 per visit (\$135 concession)
- DBT Skills Only Group - held over 6 months, 2 hours per week, \$65 per week (\$50 concession).
- Short DBT Skills Group - 8 weeks, 1 hour per week, \$45 per week (\$40 concession)
- Individualised Appointments - \$190 per visit (\$155 concession)
- Youth Programs - Individual therapy, Youth DBT Skills Group, family meetings, parenting training (POA)

Medicare Rebate may be available (for up to 10 sessions per calendar year) with a GP or Psychiatrist referral. On-site Private Health claiming is available.

The program/s below can be accessed via:

Margaret Hartstone and Amanda Burlock

Website: www.hartstoneburlock.com.au

Contact: Amanda Burlock Mobile 0410 518 635 Email amandaburlock@gmail.com

Margaret Hartstone Mobile 0417 899 835 Email hartstone@internode.on.net

Location: 15 The Parade, Norwood, SA 5067

DBT - Individual and Group Programs

Amanda and Margaret have been providing DBT to clients with Borderline Personality Disorder for more than 12 years. The most common therapies they provide are Cognitive Behavioural Therapy (CBT) and Dialectical Behaviour Therapy (DBT). Other therapies (eg. supportive therapy, Mindfulness- and Acceptance-Based behavioural therapies) are also provided. Medicare Rebate may be available with an eligible GP or Psychiatrist referral (Mental Health Care Plan). Private Health Claims may be available.

Private Programs

The program/s below can be accessed via:

PsychMed

Website: www.psychmed.com.au

Locations/Contact Details:

Adelaide 08 8232 2424

Morphett Vale 08 8326 6600

Payneham 08 8362 2344

Salisbury 08 8281 2499

PsychMed provide bulk billed medicare services and fee free clinical programs in conjunction with government and NGO partners. PsychMed offers a confidential service within a caring and safe environment. Our psychologists use a range of evidence-based therapies, including Cognitive Behavioural Therapy (CBT), Cognitive Processing Therapy (CPT), Dialectical Behavioural Therapy (BDT), Acceptance and Commitment Therapy (ACT), Schema Therapy, Interpersonal Therapy (IPT) and Mindfulness-based Therapies.

PsychMed services are offered as individual and group consultations depending on the referral.

Individual Services

Most people who are eligible for a Mental Health Care Plan through the Better Access to Clinical Psychology Medicare program can access our fee free individual clinical services. Mental Health Care Plans can be obtained from your general practitioner who will assess whether you meet the eligibility criteria. These plans provide up to 10 sessions in a calendar year, which at PsychMed are bulk billed (no additional gap charged) at each of our four locations.

Some people prefer to self-refer as a private patient. Please enquire at reception for information on fees, which are determined by the individual psychologist. Rebates may be available through health insurance funds depending on type and level of cover.

Group Programs

PsychMed also offers fee free individual and group sessions as part of funded programs in specialised Adult Mental Health Services.

Private Programs

The program/s below can be accessed via:

Kahlyn Day Centre (Part of Ramsay Health Care)

Location: 40 Briant Road, Magill

Contact Person/s: Stacy Bell or Jill Semba

Phone: 08 8130 4700

Website www.kahlyndaycentre.com.au

Dialectical Behaviour Therapy (DBT)

Program Length: 40 weeks **Frequency:** 1 day per week, 5 hours per session **Waiting Time:** Approx 10 weeks

Cost: Private Health Insurance typically covers the full costs associated with attendance at the program (Top Hospital cover, with no restrictions on psychiatric services)

The program is based on the Marsha Linehan model of DBT which consists of 4 modules that we cover over 10 weeks each. The modules are:

- Core Mindfulness
- Distress Tolerance
- Emotion Regulation
- Interpersonal Effectiveness

The first 10 weeks of our program are a pre-requisite for the remaining 30 weeks. This group is our DBT Foundations group and incorporates the Core Mindfulness skills. Upon completion of this group patients will rotate through the remaining modules over the next 30 weeks.

Maximum group size is 12 participants

The program/s below can be accessed via:

Centre for Schema Therapy Australia

Location: 195 Glen Osmond Rd, FREWVILLE SA 5063

Contact Person/s: Athan, Practice Manager

Phone: 08 8311 1734 or 0455 496 900

Website www.centreforschematherapy.com

Individual Services

Cost: \$190 for a 50 minute session. Rebates for Mental Health Care Plan or appropriate private health cover available.

The Centre for Schema Therapy Australia is an Adelaide based psychological practice. Our clinical psychologists are internationally certified schema therapists and leaders in the provision of Schema Therapy in South Australia.

We offer private psychological services to children, adolescents, and adults experiencing a range of presenting issues, including anxiety, depression, Autism Spectrum Disorder, personality disorders, eating disorders, complex trauma, relationship issues and parenting difficulties.