

# Western Adelaide

The programs below can be accessed via:

**Western Adelaide Health**

**Location: 57 Woodville Rd, Woodville 5011**

**Contact Person: Gabi Baltic, Tomoko Nishizawa Jasmin Parnell**

**Phone 08 7425 3800**

**Email [gabi.baltic@sa.gov.au](mailto:gabi.baltic@sa.gov.au) [tomoko.nishizawa@sa.gov.au](mailto:tomoko.nishizawa@sa.gov.au) [jasmin.parnell@sa.gov.au](mailto:jasmin.parnell@sa.gov.au)**

## *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.

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The program/s below can be accessed via:

**Skylight**

**Location:** 5 Cooke Terrace, Wayville SA 5034

**Contact Person:** Valerie Aldahn

**Phone** 08 8378 4100

**Email** [carersupport@skylight.org.au](mailto:carersupport@skylight.org.au)

## *Carer Support Program*

**Length:** 7 weeks **Frequency:** Weekly , 3 hours **Waiting Time:** Nil **Cost:** Single \$40 (\$15 conc) or Couple/family \$60 (\$25)

The Carer Support Program offer various options to the person experiencing mental illness and to their families and friends through peer to peer education. The program uses research evidence and the first hand knowledge of facilitators who share their experience and wisdom. There is nothing more powerful than hearing about the impact of mental illness from those who have lived it. No referral required, maximum 15 per group.

The program/s below can be accessed via:

**Skylight**

**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.

The program/s below can be accessed via:

**Lisa White & Co**

**Location:** Suite 106 / 145 Brabner Drive West Lakes

**Contact Person:** Lisa White

**Phone** 0419 838 720 **Email** [lisa@lisawhite.co](mailto:lisa@lisawhite.co)

## *BPD Comprehensive*

**Length:** 10 wks short skills & 20 weeks full skills **Frequency:** Weekly **Cost:** \$600 short skills, \$1,200 full skills, Better Access Initiative rebate of \$19 per session may be available

The program is delivered by trained Clinicians trained and certified in the comprehensive approach and based on the Marsha Linehan recommended format. Maximum of 6 participants per group