

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.

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The program/s below can be accessed via:

Skylight

Contact Person/s: Judy Burke

Email: info@bpd-carers-sanctuary.org

Website: www.bpd-carers-sanctuary.org

Phone: 0410 507 998

Sanctuary Support Group

When: 2nd Tuesday of each month see website.

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.

Borderline Personality Disorder Collaborative (BPD Co)

Website: <https://tinyurl.com/BPDcollaborative>

The BPD Collaborative (BPD Co) state-wide service has been developed in response to the demonstrated need for enhanced, evidence-based BPD service development in South Australia, tailored to the needs of consumers, carers and clinicians.