



**The program/s below can be accessed via:**

**Eastern Community Mental Health Service (ECMHS)**

**Central Adelaide Local Health Network**

**Location: 172 Glynburn Road, Tranmere SA 5073**

**Contact Person: DBT Team: Christine, Jemma, Jason**

**Phone 08 7425 5555**

## *DBT Skills Training Group*

**Length:** 22 weeks **Frequency:** Weekly on Thursdays **Waiting Time:** Subject to referral, approx 6-12 months

**Cost:** Free (only available for people living in the catchment area)

People have the opportunity to complete the DBT Skills Training Group to learn a range of skills which, with practice, can help people with BPD improve their life.

- Mindfulness skills will assist people in learning to focus their attention on the present moment, learning to observe and describe experiences, effectively and without judgement.
- Distress Tolerance teaches people to survive crises and avoid harmful behaviour as well as learning how to accept themselves, their emotions and the current situation.
- Emotion Regulation focuses on developing skills to moderate emotions by understanding emotional experiences, decreasing vulnerability to emotional thinking, and overcoming mood dependent actions.
- Interpersonal Effectiveness focuses on interpersonal problem solving and effective communication, helping people to maintain and develop positive relationships.

The DBT Skills Training Group runs twice a year (usually commencing February and July) and is facilitated by two DBT trained clinicians. The focus of the group is skills acquisition and thus there is limited capacity to assist individuals with personal crises. As such, people who attend the DBT Skills Training Group are expected to have an established Individual Therapist (preferably with DBT training) external to the DBT Program (e.g. private psychologist, psychiatrist, counsellor, GP) who can assess and manage risk and deal with individual issues as they arise.

Effective treatment takes time and effort, as such participation in the DBT Skills Training Group requires commitment to the group program, including weekly “homework” (for practicing new skills and monitoring progress) and regular attendance. This level of commitment can feel overwhelming at the beginning therefore, it is important to find reasons to take the first steps to building “a life worth living” and to “stick with it”. If you are interested in participating in the DBT Skills Training Group, speak with your GP or Mental Health Professional about completing a referral for the DBT Skills Training Group or contact the DBT Team.

Referral form to be completed by the Mental Health Professional acting as the Individual Therapist with the person with BPD and submitted to the above contact people.

# Eastern Adelaide



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**Phone 08 7425 5555**

## *DBT Intensive Therapy*

**Length:** 12 months **Frequency:** Weekly **Waiting Time:** Limited availability - can be more than 12 months, recommend contacting DBT team before making a referral for DBT Intensive Therapy.

**Cost:** Free (only available for people living in the catchment area)

DBT Intensive Therapy is also offered (when deemed appropriate as determined by assessment process) and provides up to 12 months of DBT treatment including weekly Individual Therapy with a DBT clinician and up to two rounds of the DBT Skills Training Group, however there are limited places available. To be considered for DBT Intensive Therapy, a person with BPD would have a history of recurrent parasuicidal behaviour and/or a very high level of service utilisation. DBT Intensive Therapy is offered within a recovery orientated framework and engagement in therapy is time limited. Due to the limited resources available to provide DBT Intensive Therapy, referrals are triaged and accepted accordingly.

Participation in DBT Intensive Therapy requires commitment to completing up to 12 months of therapy (approximately 45 weeks of the DBT Skills Training Group with willingness to complete weekly "homework" and weekly Individual Therapy to build "a life worth living") and regular attendance at group and individual sessions (if you miss 4 consecutive sessions you will be withdrawn from DBT Intensive Therapy). To be considered for DBT Intensive Therapy, a person with BPD would have a history of recurrent parasuicidal behaviour and/or a very high level of service utilisation.

Referral form to be completed by the Mental Health Professional with the person with BPD and submitted to the above contact people.

**The program/s below can be accessed via:**

**Bloom Psychology Adelaide**

**Location: Good Hub, 98-100 Goodwood Road, Goodwood 5034**

**Email: [hello@bloompsychologyadelaide.com](mailto:hello@bloompsychologyadelaide.com) Phone 0415 198 695**

## *DBT Intensive Therapy*

**Length:** 10 weeks **Frequency:** Weekly **Cost:** \$1,500 (medicare rebate (up to \$439.00 available for up to 10 group therapy sessions per calendar

More details from <https://www.bloompsychologyadelaide.com/>

[Download flyer](#)

# Eastern Adelaide



The program/s below can be accessed via:

**Mental Illness Fellowship of South Australia**

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

**Contact Person: Paula Smith**

**Phone 08 8378 4100**

**Email [paulas@mifsa.org](mailto:paulas@mifsa.org)**

## *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**

**Contact Person/s: Judy Burke**

**Email: [info@bpd-carers-sanctuary.org](mailto:info@bpd-carers-sanctuary.org)**

**Website: [www.bpd-carers-sanctuary.org](http://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.