



# Healthy Connections

## CLINICAL PSYCHOLOGY

• Individuals • Couples • Families • Groups •



## DBT @ HCCP

Dialectical Behaviour Therapy (DBT) Skills Groups will run in Term 2 for High School students and young adults (18-23). Places are limited and reservations are required. A Medicare rebate may be available. For further information or to reserve your spot, contact us at 4739-9786 or [info@hccp.com.au](mailto:info@hccp.com.au)

Dialectical Behaviour Therapy (DBT) - DBT combines aspects of cognitive behaviour therapy and mindfulness practices to help young people manage and accept strong emotions. It has been found to be particularly effective in the treatment of emotion regulation difficulties, anger, depression, self-harm and suicidal behaviours. Additionally, DBT can help young people to navigate relationships in their environment in a healthy way, and eventually create a life worth living. Two modules of the DBT Skills group will be run over 10 weeks during Term 2 2021. We are offering two separate groups – one for high school students and one for young adults, aged 18-23. Our DBT group will be facilitated by a Clinical Psychology Registrar with a special interest in adolescent mental health and wellbeing.

### **DBT for High School Students**

\* **Mindfulness Skills & Distress Tolerance:** Fri 23 April; 30 April; 7 May; 14 May and 21 May: 4-6 p

\* **Mindfulness Skills & Walking the Middle Path (Acceptance & Change)** Fri 28 May; 4 Jun; 11 Jun; 18 Jun & 25 Jun: 4-6 pm

### **DBT for Young Adults (18-23)**

\* **Mindfulness Skills & Distress Tolerance** Friday 23 April; 30 April; 7 May; 14 May and 21 May: 1-3 pm

\* **Mindfulness Skills & Walking the Middle Path (Acceptance & Change)** Fri 28 May; 4 Jun; 11 Jun; 18 Jun & 25 Jun: 1-3 pm

All groups: \$250 (Medicare rebate available, up to \$111.75)

