

# Dialectical Behaviour Therapy (DBT)

- Overview:** The **headspace Knox DBT program** is a **Standard Comprehensive DBT Treatment Program** consisting of **group skills training, individual therapy, between session phone coaching** and a **DBT Treatment Team** that oversees the treatment of all clients in the program.
- Eligibility:** Aged 18-25  
**AND...**  
Have a psychiatric diagnosis of Borderline Personality Disorder  
**OR...**  
Have pervasive problems with **emotion dysregulation** impacting:
- **Behaviours** (e.g., suicidal acts, self-injury, substance use, disordered eating, lashing out, impulsive spending, reckless driving)
  - **Cognitions** (e.g., black and white thinking, judgemental, paranoia, dissociation)
  - **Sense of Self** (e.g., unstable self-image/identity, chronic feelings of emptiness)
  - **Relationships** (e.g., frequent conflict, ruptured relationships, frantic attempts to avoid perceived abandonment)
- Days:** **Group Skills Training: Mondays 11:00am and 3:30 pm**  
**Individual Therapy: Either Wednesday or Thursday**
- Duration:** 40 weeks
- Location:** headspace Knox, 2 Capital City Blvd Wantirna South, 3152
- Cost:** Free
- Accessing the Program:** See over page

**See over page for further information.**

# Dialectical Behaviour Therapy

## Accessing the Program

Intake into the program occurs on an ongoing basis. Every 12 weeks between **2 and 4** new participants enter the program.

All interested individuals are required to attend an online **Orientation/Information session** where they are explained the program in detail so they can make an **informed decision** as to whether the program suits their needs.

At the **Orientation/Information session**, individuals will be provided with link to an **application pack** that they are required to complete within **10 days**.

The DBT Treatment Team reviews all applications and decides who is most suitable to enter the program.

**Successful applicants** will be invited into a **Pre-Treatment Stage** involving 3-5 sessions for assessment, orientation and strengthening commitment to complete the program. Following this, if deemed ready, they commence the program and join existing participants in group skills training.

**Unsuccessful** (although suitable) applicants will be invited to re-apply for future intake rounds.

**Unsuitable** applicants will be advised of the Treatment Team's concerns regarding their suitability and be provided alternative support recommendations.

## What are my Chances of Getting in?

The chances of securing a place in the program will depend on how many individuals apply or re-apply. There are several factors the Treatment Team considers when determining who is most suitable. These include;

- The complexity of your problems **AND** the complexity of problems of existing group members.
- Your age **AND** the age of existing group members.
- Your availability for individual sessions **AND** therapist availability.
- The specific problems you face **AND** the therapists' expertise in working with specific problems.
- Your application **AND** other applicants' applications.

Some individuals enter the program with their first application, while others apply multiple times prior to being accepted. If your application is unsuccessful on **3** consecutive occasions the DBT Program Coordinator will meet with you to discuss your application and develop a plan for you to gain entry into the program.

## Orientation/Information Sessions

Orientation/Information sessions run every 12 weeks. To find out the details of the next session\* and register your attendance, please contact the DBT Program Coordinator, Greg Lolas on 9801-6088.

**\*Orientation/Information session dates are listed on the headspace Knox website.**