



# The DBT Skills Program

## ACT Counselling DBT Skills Program 10 Week Workshop

Commencing  
**July 2016**

Day/Date to be finalised – 2 hour workshop

and weekly thereafter for 9 more weeks

**Enquiries: 02 6100 1657**  
actcounselling2602@gmail.com

**Psychologist: Karen Woods**  
**ACT Counselling**  
Unit 1, 9-11 Montford Crescent, North Lyneham

Intake interviews will occur two weeks prior to commencement.

Programs run regularly in 2016



# The DBT Skills Program

## General Information

### **What is The DBT Skills Program?**

The DBT Skills Program is a 10-week Dialectical Behaviour Therapy (DBT) Informed Skills program. The 10-week program consists of a weekly group session and a weekly one-to-one coaching session, as well as weekly phone contact with a facilitator.

DBT has been shown to be effective in improving emotional regulation, reducing self-harm and suicidal behaviours and hospitalisations. DBT teaches skills and coping strategies to help people improve their quality of life and achieve their goals.

### **How does The DBT Skills Program work?**

The full DBT program is delivered over a year. We have consolidated the program to be delivered over 10 week blocks. The group sessions are focussed on the theory and practice of developing and consolidating the four DBT skill modules, including opportunities for experiential and activity based exercises. The skills are repeated because of the dialectics (or oppositions) involved in skill acquisition. For example, learning the *emotional regulation skills, mindfulness skills and distress tolerance skills* help to more readily apply the *Interpersonal Effectiveness Skills*. Continuing the program after one block ensures you continue practising the skills, which consolidates and maintains the progress you will have made towards your goals. The content of each 10 week program differs to include new techniques but always covers all four skills modules. The success of DBT is based on the commitment of both the provider and the participant.

### **Who delivers The DBT Skills Program?**

The DBT Skills Program is delivered by psychologist Karen Woods of ACT Counselling with additional facilitators to ensure participants are fully supported.

### **When is The DBT Skills Program held?**

The next 10 week block of group workshops starts in late July 2016. Ideally participants commence at the beginning of the 10 week block, however arrangements can be made to join partway through on a case by case basis. The group sessions are conducted in a two hour workshop, date / day / time to be finalised.

While The DBT Skills Program is initially a 10-week program, the ongoing practice of skills is required. Attendees are welcome to continue attending the Program in subsequent blocks to consolidate their skills.

### **Where is The DBT Skills Program?**

The group sessions and one-to-one sessions are held at ACT Counselling, Unit 1, Southwell Park Professional Centre, 9-11 Montford Crescent, North Lyneham.

### **How much is The DBT Skills Program?**

There are a number of ways to pay for the program. Please see the Payment Information sheet. If you feel that you need financial support, then please talk to us.

### **Do I need to be referred to The DBT Skills Program?**

No. You can self-refer to the program. See contact details at the end of this document.



# The DBT Skills Program

## Program Information

### Introduction

DBT skills are effective in improving a person's ability to regulate distressing emotions, improve interpersonal relationships and manage times of crisis without engaging in self-damaging behaviours.

Dialectics is when we have two thoughts, feelings or urges which are in conflict, are opposite or are competing. This may be when you have an internal debate with yourself or wanting two things that are equally important. A simple example is when you want to eat healthy but you also want to eat a block of chocolate. For some people having completely opposing thoughts or feelings can be overwhelming and leave them feeling frozen and indecisive. This can manifest in a range of emotions and behaviours that may not be ideal.

The DBT Skills Program teaches four modules; mindfulness, emotional regulation, distress tolerance and interpersonal effectiveness. Throughout the 10 weeks participants will work through the modules using Chain Analysis and Diary Cards to assist them.

Chain Analysis is a detailed step-by-step account of problem behaviour, which helps to explore what occurred before, during and after the problem behaviour. It increases awareness and problem solving so you have more options, as well as skills, to produce a different result.

Diary Cards are used for self-monitoring, which targets quality of life behaviours, problem behaviours, emotions, actions and level of skill acquisition. Diary cards are helpful to reflect on and monitor progress.

### Developing the 4 DBT skills modules:

Core Mindfulness: Mindfulness skills are central to DBT and draw on a variety of meditation practices. These skills focus on training the mind to attend and focus on the present moment rather than getting caught up in past and/or future concerns. Mindfulness skills help to balance the emotional with the logical/factual state of mind and access inner wisdom.

Interpersonal Effectiveness: These skills teach ways to improve interactions with other people, increasing the ability to obtain and maintain fulfilling relationships and improving and maintaining self-respect.

Distress Tolerance Skills: These skills assist in coping with difficult life challenges as best as possible without making the situation worse. The distress tolerance module includes crisis survival skills (including distraction and self-soothing techniques) and skills to help increase the ability to accept both oneself and the current situation in a non-judgemental way when the situation cannot be resolved quickly.

Emotional Regulation Skills: These skills improve one's understanding and awareness of emotions. They aim to decrease emotional vulnerability and emotional suffering and increase the ability to regulate emotions. This module aims to increase tolerance of distressing emotions and increase positive emotions.



# The DBT Skills Program

## Example of a Weekly Schedule

Slight changes may occur to cater for the needs of the group

### **ONE**

A facilitator will speak with you individually to complete enrolment details.  
Introduction to Dialectical Behaviour Therapy  
What DBT is and how it assists with Managing Emotion  
Diary Cards and Chain Analysis

### **TWO**

Mindfulness  
Observing, describing and participating in a non-judgmental, one-mindfully and effective manner

### **THREE**

How to use 'States of Mind'  
Emotion Mind/Reason Mind/ Wise Mind  
How to become mindfully aware to stay in 'Wise Mind'

### **FOUR**

Concentration on the skill of Distress Tolerance Skills 'Wise Mind Accepts" and 'Self Soothe'

### **FIVE**

How to 'Improve the Moment'  
Reality Acceptance - Willingness and Wilfulness

### **SIX**

Understanding our emotions and our vulnerabilities  
Identifying our emotions

### **SEVEN**

How to stay emotionally healthy  
Using 'opposite action'  
Increasing positive emotions and letting go of emotional suffering

### **EIGHT**

Goals of Interpersonal Effectiveness  
How to communicate  
'Pros and Cons'

### **NINE**

How to Communicate and get what you need  
Factors Reducing Interpersonal Effectiveness

### **TEN**

Review of all diary cards and the skills you feel could assist you



# The DBT Skills Program

## Payment Details

If you choose to participate in The DBT Skills Program there are a number of ways to meet the financial costs. If these costs are prohibitive, then please talk to us.

### **NDIS/Grant sponsored**

If you are eligible for the NDIS or have received a grant, the invoices will be directly billed to the funder. Under NDIS, this program may cover categories such as improved daily living skills, improved relationships, behaviour intervention support, emotional wellbeing, etc.

### **Privately paid**

You may access the program by paying directly to ACT Counselling via EFTPOS, cheque or electronic transfer. You may be eligible for Medicare rebates or Private Health Insurance rebates, see below.

### **Medicare Rebates**

As the program is delivered by a registered Psychologist (and Counsellors) you may be eligible for a rebate from Medicare for some of the costs if privately paying. This option is only available if you have a current Mental Health Treatment Plan in place with your doctor and is dependent upon how many sessions you may have already accessed in the current calendar year. The group workshop eligible rebate would be \$21.65 per week, and the individual coaching with Psychologist rebate would be \$84.80 per session.

### **Private Health Insurance**

Participants with private health insurance should check with their provider directly to discuss rebates. ACT Counselling will provide receipts to present to your insurer. This program may fall under several categories such as Psychology, Mental Health, Stress Management, Lifestyle, Wellbeing, etc.

### **Financial Need**

Application may be made to ACT counselling for a reduction of the fees, based on financial need and circumstances.

### **Breakdown of Cost of the Program**

Continued ... over page.



# The DBT Skills Program

## Breakdown of Cost of the Program

The upfront cost for group sessions would be \$1,989.50 which covers the 10 week block, plus all materials.

The weekly individual coaching sessions are a separate cost from the group workshops (see below) and can be paid weekly.

If you already have a psychologist or counsellor in place who you can see throughout the period of the program for the individual coaching sessions, we would only invoice you for the group cost above. We would just ask that your practitioner focuses the sessions on how you are applying the skills learnt in the workshops to your daily life. We do not recommend any trauma-work during this period until DBT skills have been learnt and are being applied.

The program costs are based upon the NDIS schedule and are subject to change as the schedule is updated. At June 2016 the fee schedule is as follows:

*Each Workshop Program runs for 10 weeks. Each week includes the following:*

- 1 x two hour workshop	(\$117.06 each) to be paid as a block to secure place on program and viability of program delivery	\$1170.60
- 1 x two hour Therapy Assistant support*	(\$81.84 each x 10 to be paid as block)	\$ 818.40
- 1 x one hour coaching session	paid weekly 10 x \$192.71	\$1927.10
- 1 x ten minute phone call	paid weekly 10 x \$ 24.49	\$ 244.90

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<b>Total for one Workshop Program (ten weeks)</b>	<b>\$4161.40</b>
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\*Each workshop is facilitated by a psychologist and is co-facilitated by a therapy assistant.

Remember, if you are not accessing the program through the NDIS, you may be eligible to access rebates through Medicare or your private health insurance. A discounted rate may be negotiated for those who are financially disadvantaged.



# The DBT Skills Program

## Group Agreement

Participants agree to:

- turn off mobile phones during group sessions. If you need to have your phone turned on throughout any session this needs to be discussed with the Group Facilitator prior to the session commencing.
- practice respectful conversations. This includes not interrupting or overtaking conversations.
- participate by completing diary cards.
- remain on the premises throughout the Group session, unless you inform the Facilitator.
- not attend group if under the influence of alcohol or drugs or medication abuse.
- not bring food to the group session unless previously arranged.
- not display abusive behaviour or self-harm within the group.
- not allow close personal relationships to interfere with other group members.
- not discuss any problem behaviours in breaks with other group members. If you need to talk about this, a Group Facilitator will be available.
- not share information that is shared by other group members outside of the group sessions.

For more information and for enrolment, please contact:

**Karen Woods**

The DBT Skills Program  
Head Facilitator & Psychologist  
ACT Counselling  
Ph: 02 6100 1657 or Mob: 0413 922 650  
Fax: 02 6100 2752  
Em: [actcounselling2602@gmail.com](mailto:actcounselling2602@gmail.com)

**Co-Facilitators:**

Thabile Twala, Psychologist  
Tara Bromham, Counsellor  
Natalie Malcolmson, Support Worker