

# The Barrington Clinic Day Program

## Dialectical Behaviour Therapy (DBT)

Providing resources, education and clinical support to enhance your ability to change unhealthy patterns of thinking and behaviour.

### Who is the program for?

This program is designed for people who may be experiencing intense and unstable moods, borderline personality, eating disorders, complex trauma, self-harm and suicidal thoughts.

### Program content

- Developing techniques to improve mindfulness
- How to improve your relationships through interpersonal effectiveness
- Regulate your emotions
- Distress tolerance

### About the program

This program is designed for people who are experiencing difficulties in emotion regulation, impulsivity, frequent interpersonal conflict and poor coping in stressful situations. This program offers an introduction to Dialectical Behavioural Therapy (DBT) to develop skills of mindful awareness, distress tolerance and acceptance.

### When is it held?

Offered one day a week over twelve or twenty-four weeks, as either a morning or afternoon session. Light refreshments are provided.

### How to join

Ask your GP or treating psychiatrist for a referral to The Barrington Clinic Day Programs. Once we have received your referral we will contact you to arrange an initial assessment.

### How much does it cost?

Participants are admitted as a day patient and as such, can claim attendance via their health fund. We ask that patients confirm any applicable out of pocket or gap costs directly with Maitland Private Hospital.

### Further information

For information on this program please contact:  
THE BARRINGTON CLINIC  
DAY PROGRAMS  
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F. 02 9300 5528  
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