



MANAGE YOUR EMOTIONS

**MAITLAND THERAPY
DAY PROGRAMS**

Dialectical
Behaviour Therapy

Maitland
Private Hospital

Dialectical Behaviour Therapy (DBT) is a 12 or 24 week program that aims to develop skills in the areas of distress tolerance, emotion regulation and interpersonal effectiveness. DBT aims to assist people who are experiencing borderline personality, eating disorders, trauma, self-harm and suicidal thoughts.

Delivery

3 hour weekly sessions
12 Weeks DBT Lite
24 weeks DBT

Content

MODULE 1

Mindfulness skills

MODULE 2

Interpersonal effectiveness

MODULE 3

Emotion regulation

MODULE 4

Distress tolerance

Cost

You will usually need either private health insurance that includes cover for psychiatric day programs or be eligible to have the program costs met by workers compensation or DVA. Our admin team can conduct a fund check to ensure that you have the appropriate level of cover, or provide a quote for patients without cover.

How do I join?

Ask your GP for a referral to Maitland Therapy Day Programs. Once we have received your referral we will contact you to arrange an initial assessment.

Contact

MAITLAND THERAPY DAY PROGRAMS

P. 02 4937 9570

F. 02 9300 5528

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