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| |  | | --- | | **Weekly Dialectical**  **Behaviour Therapy (DBT) Groups**  DBT skills training teaches participants the skills to manage persistent emotional and behavioural difficulties. | | Research has shown DBT to be an effective treatment for:   * clinical depression and anxiety, * self harm and suicidal behaviours, * eating disorders, * mood disorders, * post-traumatic stress disorder and * substance use problems. | | A psychologist will work with participants to teach behavioural skills: MindfulnessDistress toleranceInterpersonal effectivenessEmotional regulation grouptherapypractice.com | |  | |  | | --- | | 9:OOAM to 11:00am20 weekly sessions wednesday  Horton streest 2 hours | |  | | GrouP therapy PracticeLevel 1/21 SHORT STREETport macquarieKate BUCCI 0425348487 [katebucci@yahoo.com.au](mailto:katebucci@yahoo.com.au) | |