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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:Mindfulness Distress tolerance Interpersonal effectivenessEmotional regulationgrouptherapypractice.com |

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| 9:OOAM to 11:00am20 weekly sessionswednesdayHorton streest2 hours |
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| GrouP therapy PracticeLevel 1/21 SHORT STREET port macquarieKate BUCCI 0425348487katebucci@yahoo.com.au |

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