

# Dealing with Distress

**Providing resources, education and clinical support to enhance your ability to change the way to think, feel and act**

## Who is the program for?

This program is useful for people who experience intense, unstable mood states, self-harm and unstable relationships, in addressing their clinical needs.

## Program content

- Distress tolerance
- Emotion regulation
- Interpersonal effectiveness

## How much does it cost?

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

## About the program

This program is skills based and assists participants to tolerate intense feelings and learn to manage self-harming behaviours often associated with Borderline Personality Disorder. It is based on Dialectical Behaviour Therapy (DBT) principles and combines standard Cognitive Behavioural techniques for emotion regulation and reality testing with concepts of mindful awareness, distress tolerance and acceptance.

## When is it held?

This open group program is held every week for twelve weeks as detailed below. Morning tea is provided.

8:30am - 9:00am Registration and sign in  
9:00am - 12:15pm Group program

Contact Deakin Private Hospital's reception on 02 5114 8100 to find out which days this group is offered.

## How to join

Patients interested in attending this program will need a referral to a psychiatrist with admission rights to Deakin Private Hospital.

**For more information please don't hesitate to contact us. All enquiries and referrals should be directed to Deakin Private Hospital on (02) 5114 8100**