

## How DBT works

### Group skills training

Group skills training uses an educational approach to reduce impulsive behaviours, balance emotions, create assertiveness and helps to maintain or create healthy relationships. Group skills training occurs once a week for two hours.

### Individual DBT skills training

Individual DBT therapy focuses on increasing motivation to build towards the most meaningful life possible by helping people use alternative skills. Individual skills training occurs once a week for one hour.

### Phone coaching

Phone coaching helps participants to use DBT skills in crisis situations. Phone coaching is provided to individuals who participate in the group program.

## Contact us

### The DBT groups are held at:

Ipswich Health Plaza  
21 Bell Street, Ipswich  
(paid parking available)

Goodna Community Health  
81 Queen Street, Goodna  
(free parking available)

Throughout COVID-19 the DBT groups have also been held online via Microsoft Teams.

Contact your treating team for days and times, and to obtain a referral for this life-changing group.

# Dialectical Behaviour Therapy (DBT)

