



HEADSPACE - KNOX DIALECTICAL BEHAVIOUR THERAPY (DBT) PROGRAM

Eligibility

- Aged between 18-25

AND

- Have an existing psychiatric diagnosis of Borderline Personality Disorder

OR

- Chronic (long lasting), pervasive (in all areas of life) problems with emotional dysregulation (emotions are intense and easily triggered) which impacts significantly across all of the following areas:
 - Behaviours (e.g., suicidal ideation/acts, self- injury, substance use, disordered eating, lashing out)
 - Cognitions (e.g. black and white, inflexible thinking, unrealistic expectations of self and others, problems with sense of self/identity, chronic feelings of emptiness)
 - Relationships (e.g. regular conflict, fear of abandonment, terminating relationship prematurely or staying in destructive relationships)

AND

- Willingness to commit to minimum of 9 months (approx. 40 weeks) of both group and individual therapy

Format, days, times and location

The program entails both group (skills training) and individual therapy. Skills training group runs weekly on Monday for 4.5 hours between 11:00 and 3:30 pm at headspace Knox.

There are four Modules. Each Module starts with orientation and commitment session where new participants enter, followed by Core Mindfulness (3 sessions) and then 7 sessions in either; Interpersonal Effectiveness, Distress Tolerance or Emotional Regulation. There is a 1 week break between Modules and at times a break due to public holidays. Thus, a total of **33** sessions of skills training spread out over approximately **38** weeks.

Individual therapy is to occur on another day as negotiated with the allocated individual DBT therapist.

The headspace Knox program offers Stage 0, Stage 1 and Stage 2 of DBT.

Stage 0 – Pre-commitment/Assessment stage

Between 3 to 5 individual sessions focused on assessment, orientation and commitment to the program.

Based upon the outcome of assessment, the following may occur:

- If deemed currently suitable (committed to treatment and a good fit to current group), clients will be allocated an individual DBT therapist and enter into Stage 1
- If deemed suitable for DBT, however either unsuitable to the current group, or not fully committed to treatment; clients will remain in Stage 0 and receive ongoing support (if they do not have current supports) until they are able to commit to the treatment program, or until a suitable place becomes available.
- If unsuitable for DBT, they will be referred on to another service if required.

Stage 1 (9 months)

Weekly individual sessions with DBT therapist.

Weekly skills training.

Stage 2 (Ongoing – as required)

Individuals who have completed Stage 1 and have eliminated life threatening behaviours are eligible to enter the DBT graduate group. The graduate group runs weekly on Thursdays between 4:00-6:00pm. The group provides ongoing support via peer consultation for Stage 1 graduates.

Cost

Free



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Accessing the Program

Intake into the program occurs on an ongoing basis with between 2 and 4 new participants entering the program every 12 weeks.

All interested individuals are required to attend an Orientation/Information session where they are explained the program in detail so they can make an informed decision as to whether the program suits their needs.

At the orientation session individuals will be provided with an application pack that they are required to complete within 2 weeks to be considered for the program.

The DBT Treatment Team reviews all applications and decides who is most suitable to enter the program.

- Successful applicants will be invited into Stage 0 (Pre-treatment).
- Unsuccessful (although suitable) applicants will be invited to re-apply for future intake rounds.
- Unsuitable applicants will be advised of the Treatment Team's concerns regarding their suitability and other support recommendations.

What are my Chances of Getting In?

The chances of securing a place in the program will depend on how many individuals apply or re-apply. There are several factors the Treatment Team considers when determining who is most suitable. These include;

- The complexity of your problems AND the complexity of problems of existing group members.
- Your age AND the age of existing group members.
- Your availability for individual sessions AND therapist availability.
- The specific problems you face AND the therapists' expertise in working with specific problems.
- Your application AND other applicants' applications.

Some individuals enter the program with their first application, while others apply multiple times prior to being accepted. If your application is unsuccessful on 3 consecutive occasions the DBT Program Coordinator will meet with you to discuss your application and develop a plan for you to gain entry into the program.

Orientation/Information Sessions

Orientation/Information sessions run every 12 weeks.

To find out the details of the next session and register your attendance, please contact the DBT Program Coordinator, Greg Lolas on 9801-6088