

# Dealing with Distress Masterclass Program

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

## Who is the program for?

This program is designed for people who have completed Dealing With Distress and want to learn advanced techniques in managing distress, emotions and relationships.

## Program Content

- Recognising patterns of triggers
- Develop meta-cognitive awareness for distress
- Explore radical responsibility
- Practise self-compassion
- Change emotional responses
- Advanced opposite action
- Reviewing dialectics
- Exploring healthy relationships
- Strengthening identity
- Supporters session

## About the program

This semi-open program aims to assist patients to improve their relationships, identity and capacity for self-regulation. Based on Dialectical behavioural Therapy, this group incorporates skills from Schema Therapy and Compassion Focused Therapy to assist patients to overcome unhelpful beliefs and regrettable actions to build a life worth living.

## When is it held?

One day a week over 24 weeks as detailed below. Intake is every eight weeks. Morning tea is provided.

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

Check our website for the current timetable.

## Day Program Attendance

If you or your health professional believe this program would be beneficial to you or your loved ones, please obtain a referral from a South Coast Private Psychiatrist or contact us on the details below.

## How much does it cost?

South Coast Private has contract arrangements and approved programs with majority of private health funds, however, there may be some out of pocket expenses based on your level of cover. Patients that do not have private health insurance need to contact us to obtain cost estimate for day programs attendance.

## Further Information

For information on this program please contact the South Coast Private Day Programs Team.

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