

# Dealing with Distress Program

**Providing resources, education and clinical support to enhance your ability to change unhealthy patterns of thinking and behaving.**

## Who is the program for?

Individuals who have intense, unstable moods, relationship difficulties and self-harming behaviours. It is suitable for people with Borderline Personality Disorder, Complex PTSD and severe mood or anxiety disorders.

## Program Content

- Mindfulness What and How Skills
- Understanding Distress
- Distress Tolerance
- Radical Acceptance
- Using Wise Mind
- The Function of Emotions
- Reducing Vulnerability
- Opposite Action
- Dialectics and Validation
- Respecting Yourself
- Setting Boundaries
- Asserting Yourself

## About the program?

This semi-open program is designed for people who are experiencing difficulties in emotion regulation, impulsivity, frequent interpersonal conflict and poor coping in stressful situations. This program offers an introduction to Dialectical Behavioural Therapy (DBT) to develop skills of mindful awareness, distress tolerance and acceptance.

## When is it held?

One day a week over 12 weeks as detailed below. Intake is every four weeks. Morning tea and lunch is provided.

8:30am - 9:00am Registration and sign-in  
9:00am - 2:45pm 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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