

# Dealing with Distress Masterclass

Providing a follow-up program to enhance your ability to change self-defeating 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 patients diagnosed with Borderline Personality Disorder, Complex PTSD and severe Mood or Anxiety Disorders.

## Program content

- 3 x 8 week modules:
  - Distress Tolerance
  - Emotion Regulation
  - Interpersonal Effectiveness
- Each module interspersed with Core Mindfulness

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### About the program

This semi-open group evening program is designed for people who are experiencing difficulties in emotion regulation, impulsivity, frequent interpersonal conflict, and poor coping in stressful situations. Participants must have completed the Dealing with Distress Day Program before enrolling in this masterclass

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### When is it held?

One afternoon a week over 24 weeks as detailed below.  
Intake is every eight weeks.  
12:30pm – 1:00pm      Registration and sign in  
1:00pm – 4:00pm      Group program  
Check our website for the current timetable.

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### How to join

Individuals interested in attending this program will need a referral to a Psychiatrist with admission rights to South Coast Private Hospital, after completing the Dealing With Distress Day Program.

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### How much does it cost?

Participants are admitted as a day patient and as such, can claim attendance via their health fund. We ask that participants confirm any applicable out of pocket or gap costs directly with South Coast Private Hospital.

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### Further information

For information on this program please contact the South Coast Private Hospital Day Programs Team  
T: 02 4286 6847  
E: [sco.dayprograms@healthecare.com.au](mailto:sco.dayprograms@healthecare.com.au)

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South Coast  
Private Hospital