

Dealing with Distress

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

- 3 x 4 week modules:
 - Distress tolerance
 - Emotion regulation
 - Interpersonal effectiveness
- Each module is interspersed with core mindfulness

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About the program

This semi-open group day 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.

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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 – 2:30pm 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.

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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

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South Coast
Private Hospital