



THE  
HOBART  
CLINIC

*Excellence in Mental Health*

# Dialectical Behaviour Therapy (DBT)

**Dialectical Behaviour Therapy (DBT) is an evidence based group program designed to assist people with Borderline Personality Disorder. The program involves three 9 week modules. A pre-assessment process will take place for all applicants, prior to the start of each module.**

## **Program provides:**

- Techniques to cope with overwhelming situations
- Strategies for understanding and responding to emotions
- Tools for navigating relationships successfully
- Opportunity to learn practical skills which combine cognitive-behavioural and mindfulness techniques, through group sessions and at home practise tasks. Participants are expected to have regular individual therapy to support learning.

## **Where:**

Mind Hub  
Level 1/175 Collins Street Hobart

## **When:**

Tuesdays & Wednesdays  
9:30am - 12:30pm

**\*\* Module start dates will be confirmed with applicants**

## **How much does it cost?**

Costs may be covered by your private health fund. You may incur an out-of-pocket expense.

## **How to join:**

Please discuss with your GP who can provide a referral to us.

For further information call  
6247 9960 or email  
[info@thehobartclinic.com.au](mailto:info@thehobartclinic.com.au).

**GP referral and private health insurance is required.**

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