

Canberra Child Psychiatry Centre

New workshop



DBT SKILLS: MINDFULNESS & DISTRESS TOLERANCE GROUP FOR TEENS AND FAMILIES

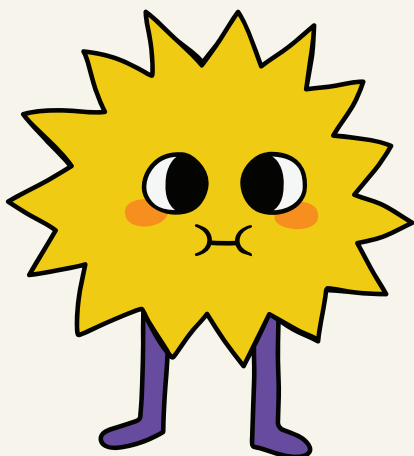
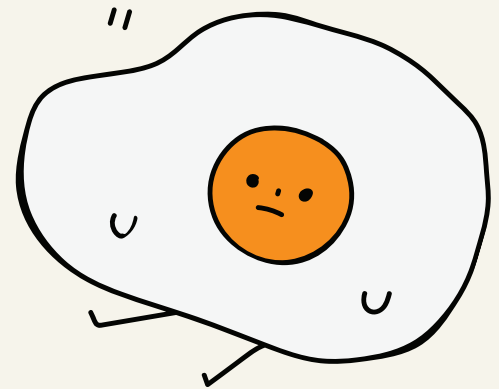
4TH OF OCTOBER TO 8TH OF NOVEMBER, 2023

Are you and your teenager having difficulty communicating with each other?

Does your teen struggle with intense moods, or engages with risky behaviours?

Does your teen encounter interpersonal challenges with others?

If you answered yes to any of these questions our DBT skills group for teens and families can be helpful to you and your teenager.



Time: Wednesdays, 4:30pm-6:30pm

**Location: Canberra Child Psychiatry Centre
(1/39 Geils Court Deakin, ACT)**

Cost: \$2000 (adult + teen). Book before 20th of September for special introductory offer of \$1500.

Call 6195 0180 now to book your place!

Frequently Asked Questions

WHAT WILL WE LEARN IN THE 6 WEEKS?

The group will be run by 2 clinical psychologists (Anne & Sophie) who will teach families two out of the four DBT skills modules across the six-weeks. The skills will be mindfulness and distress tolerance. The remaining 2 modules (interpersonal effectiveness and emotion regulation) will be run at a separate time. Each module starts with mindfulness. The whole DBT program takes 20 weeks to complete. But you do not need to complete them all at once or in any order.

- Mindfulness skills are crucial for teens to develop self-awareness (of emotions, thoughts, and urges) and attentional control. This skill can help teens reduce negative emotions and increase more positive emotions.
- Distress tolerance skills help teenagers tolerate difficult situations and emotional pain in the moment. These skills help teenagers manage strong and intense emotions to prevent them acting on urges or impulses to reduce risk taking behaviours.

CAN WE STILL PARTICIPATE IF MY TEENAGER IS ALREADY SEEING A PSYCHOLOGIST/MENTAL HEALTH WORKER?

That is completely fine! This DBT skills group isn't meant to replace one-on-one therapy; its main purpose is to enhance overall skill development

IS ATTENDANCE TO ALL 6 SESSION NECESSARY? CAN WE SWAP PARENTS/CARERS IF WE CANNOT MAKE IT?

It is important for the consistency of the group and to maximise the most benefit, that you do attend all 6 sessions. Similarly, we ask that the parent/carer attending does not change during the 6 week workshop.

ARE THERE ANY FUNDINGS AVAILABLE FOR THIS GROUP?

- Self-managed and plan managed NDIS participants can be fully funded if this group is appropriate and relevant to NDIS goals.
- Agency-managed NDIS participants with funding under Improved Daily Living (Capacity-Building Supports).
- Medicare – rebates of \$34.60 may be issued with a valid group therapy referral from your GP, psychiatrist, or paediatrician
- Private Health Funds may offer a rebate- please check with your individual fund for further details

**Note: there must be 6-10 participants in the group for Medicare rebates.
No Medicare rebates can be issued for less than 10 in attendance.
Rebates can only be issued for completed sessions.**

HOW DO WE SIGN UP TO THE GROUP?

Call us on (02) 6195 0180 or email our friendly Admin team at info@canberrachildpsychiatrycentre.com.au to register your interest.