

# DBT YOUTH THERAPY GROUP



STARTING 14TH OF APRIL - 30TH JUNE, 2023

FRIDAYS 4PM -6PM

**THE** GENDER  
**THE** CENTRE  
**INC**

The DBT therapy program is for transgender/non –binary and gender questioning teens 14-17 years and will assist young people in developing skills to tolerate strong emotions and reduce self-harming or other maladaptive ways of dealing with distress.

This 12 week program is run by two psychologists Dr James Morandini and Emma Byrne, one afternoon a week on Fridays for two hours.

# COURSE OUTLINE/SESSIONS

- 1 Introduction to DBT and mindfulness skills
- 2 Mindfulness: what & how skills
- 3 Distress tolerance: Wise Mind & ACCEPTS, self-soothing & IMPROVE the moment
- 4 Distress tolerance: Pros/cons, TIPP skills & radical acceptance
- 5 Walking the middle path: dialectics & validation
- 6 Walking the middle path: behaviour change strategies
- 7 Emotional regulation: understanding emotions
- 8 Emotional regulation: ABC & PLEASE skills, accumulating positive experiences, building mastery
- 9 Emotional regulation: coping ahead, PLEASE skills, fact checking, problem solving and opposite action
- 10 Interpersonal effectiveness: factors that interfere with relationships, GIVE & FAST skills
- 11 Interpersonal effectiveness: DEAR MAN skills, deciding how to ask or say no
- 12 Review and cover outstanding topics if required & graduation/celebration

Young people will be asked to complete a questionnaire, prior to the first session and at final completion, via email.

PLACES ARE LIMITED TO 12.

Please contact the Gender Centre to reserve your place on 9569-2366