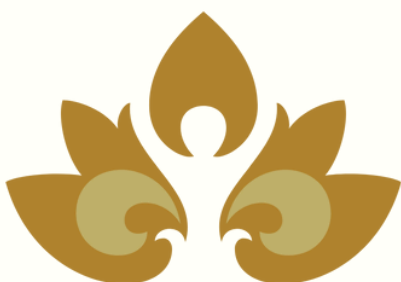




14 DAY DBT INFORMED ADDICTION RETREAT

Dialectical Behaviour Therapy Informed, Couples Therapy
Online, Individual Skills Coaching, Individual Therapy,
Mindfulness, Yoga, Tai Chi and access to ongoing resources!

2025 LOCATIONS
SUNSHINE COAST HINTERLAND,
AUSTRALIA AND PHANG NGA, THAILAND



DBT RETREATS
AUSTRALIAN DBT INSTITUTE

Contact our team on 03 9586 8499

NDIS referrals, Medicare referrals, and full fee referrals accepted
Workbooks, Individual Therapy and Family Sessions all included

DBT RETREATS

LEARN DBT & STABILISATION STRATEGIES IN A NEUTRAL ENVIRONMENT OVER 14 DAYS AND 14 NIGHTS!

Experience a renewed path to recovery at the Australian DBT Institute's specialized addiction retreats, anchored in a Dialectical Behaviour Therapy (DBT) framework. Our retreats are thoughtfully designed for those seeking a supportive and structured space where mindfulness, emotional regulation, and distress tolerance come together to help manage addictive and compulsive behaviors. With personalized guidance from experienced therapists, participants are empowered to build healthier relationships, enhance self-awareness, and develop effective coping skills. Join us for a journey of deep healing, where each moment is supported by evidence-based therapy and a community committed to your growth and resilience.

Your journey to balanced living begins here!

What sets our program apart is its comprehensive approach that weaves together individual and group therapy, couples support, educational tools, and lifestyle integration. This multidimensional focus ensures that participants receive tailored and holistic care, empowering them to make genuine, lasting changes. Beyond immediate symptom relief, our program addresses underlying causes of mental health challenges to promote enduring resilience and well-being.

At the heart of our retreat is the proven DBT method, which is known for helping individuals build essential emotional regulation and coping skills. Our dedicated team collaborates closely with participants and their partners, fostering an inclusive and cooperative treatment experience. Partners are encouraged to engage in the learning process, applying new strategies that reinforce positive changes in everyday life. This shared effort creates a supportive network that enhances the success of therapeutic interventions.

The Australian DBT Institute's retreat program also emphasizes continuous education and lifestyle practices, guiding participants to integrate healthy habits into their routines. This focus on lifestyle changes complements therapeutic work, helping participants manage stress effectively, build confidence, and maintain emotional balance.

Our retreats provide a nurturing environment where participants can openly work through challenges, supported by experienced clinicians and peers who share similar experiences. The ultimate goal is to equip individuals with practical tools to navigate their mental health journey and embrace a more fulfilling and balanced future.

Choosing the Australian DBT Institute's DBT-informed retreat means investing in a comprehensive, compassionate, and effective program that helps individuals overcome current obstacles and achieve long-term well-being.

Take the first step towards a brighter and more stable tomorrow!

Contact our team on 03 9586 8499

NDIS referrals, Medicare referrals, and full fee referrals accepted
Workbooks, Individual Therapy and Family Sessions all included



RETREAT LOCATIONS

We acknowledge that individuals have different needs and preferences regarding accommodation. Therefore, our team works with participants to identify the most suitable locations that allow retreat participants to access a range of fun activities within a 20-45 minute drive during downtime! Our retreats are located within 45-90 minutes of international airports!

To ensure your retreat best meets your individual needs the following is considered when choosing your retreat accommodation:

- A lounge room area or office at your accommodation to meet with your therapist
- Our retreats are located away from the nightlife in a quiet area.
- You will need internet access if your therapist is not on site and to access our online education portal so our retreat locations have access to the internet!

PHANG NGA THAILAND



Phang Nga, a picturesque province in southern Thailand, is celebrated for its stunning natural beauty, dramatic limestone karsts, emerald-green waters, and idyllic islands. Located along the Andaman Sea, it is a popular destination for eco-tourism and adventure enthusiasts.

SUNSHINE COAST HINTERLAND



The Sunshine Coast Hinterland in Queensland, Australia, is a captivating region known for its lush greenery, charming villages, and breathtaking views of the Glass House Mountains. Just inland from the Sunshine Coast's beaches, this area is a haven for nature lovers, foodies, and those seeking a peaceful escape.



WHY CHOOSE DBT RETREATS?

Attending a retreat to learn a range of stabilization skills can be a powerful way to foster personal growth and development for several reasons including:

1. Focused Learning Environment

DBT Retreats provide a dedicated space where individuals can step away from the distractions of everyday life. This focused setting allows participants to fully engage with the learning process, maximizing their ability to absorb and practice new skills.

2. Immersive Experience

Unlike typical workshops or courses, retreats offer an immersive experience that combines learning with practical application. This deep level of engagement helps solidify new DBT-informed skills through practice and reflection.

3. Connection with Nature

Many retreats are set in peaceful, natural locations that promote a sense of calm and well-being. Being in nature can reduce stress, enhance mental clarity, and create an environment conducive to learning and personal insight.

4. Personalized Attention and Support

Retreats often have smaller groups or even offer one-on-one sessions, allowing for personalized guidance from facilitators. This tailored support ensures that learning is specific to each participant's needs and goals, making the experience more effective.



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5. Time for Self-Reflection

DBT Retreats provide a break from the rush of daily life, creating space for deep reflection. This helps participants become more self-aware, identify areas for growth, and understand how to integrate life skills into their daily routines.

6. Reset and Recharge

Taking time out for a retreat can feel like hitting the reset button. It's an opportunity to step back from habitual routines, evaluate priorities, and create a fresh plan for integrating new habits and skills into life.

7. Guidance by Credentialed DBT Practitioners

DBT Retreats are led by credentialed in DBT practitioners well versed in personal development, coaching, and therapeutic practices. This provides participants with the benefit of high-quality instruction and proven techniques.

8. Mindfulness and Well-Being

DBT Retreats incorporate mindfulness practices such as meditation or relaxation techniques. These practices help participants stay present, reduce stress, and better absorb what individuals are learning.

9. Long-Lasting Impact

The structured environment and focused learning at a retreat can lead to lasting changes. Skills learned during a retreat can be integrated into everyday life, promoting continuous personal growth and resilience long after the retreat ends.

Overall, going on DBT retreat to learn a range of related DBT skills is more than just attending a program—it's an experience that supports deeper learning, and sustainable change.

9 ADAPTED DBT SKILLS

Dialectical Behavior Therapy (DBT) includes a specialized set of skills tailored to address addiction and substance use disorders, known as DBT addiction skills. These skills are part of the DBT for Addiction adaptation, developed to help individuals who struggle with the dual challenges of addiction and intense emotional dysregulation.

DBT addiction skills build upon the core modules of traditional DBT—mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness—and introduce specific strategies for managing addiction-related behaviours.

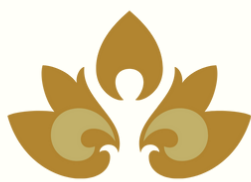
Below are the key DBT addiction skills:

1. Dialectical Abstinence: This skill incorporates the principles of abstinence and harm reduction. It acknowledges that while the goal is complete abstinence from addictive behaviors, lapses may occur. Dialectical abstinence helps clients prepare for these situations by combining the commitment to abstinence with harm-reduction strategies to minimize the negative impacts of a potential lapse. This dual approach promotes ongoing recovery and resilience even when setbacks happen.

2. Clear Mind: Clear mind is a state between addict mind and clean mind. The addict mind represents the mindset where addictive urges dominate, and clean mind refers to a state of overconfidence in maintaining abstinence. Clear mind is the balanced state in which individuals acknowledge their vulnerability to addictive behaviors while actively working on maintaining sobriety from addictive behaviours. This skill emphasizes awareness of triggers and maintaining vigilance to prevent relapse.

3. Community Reinforcement: DBT addiction skills encourage individuals to seek positive support and reinforcement from their community. This may include participating in group therapy, connecting with peers, and engaging in community activities that support recovery. The goal is to create a life that is fulfilling without the use of addictive behaviors.

4. Alternate Rebellion: Many individuals engage in addictive behaviors as a form of rebellion or self-expression. The alternate rebellion skill teaches clients to channel their desire for independence or resistance into healthier, non-destructive activities. This may involve adopting new hobbies, setting personal goals, or finding other forms of expression that do not compromise their recovery.



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9 ADAPTED DBT SKILLS

5. Adaptive Denial: In some cases, focusing too much on addiction can overwhelm clients and contribute to self-defeating thoughts. Adaptive denial involves momentarily setting aside worries about addiction while still committing to recovery. This helps clients manage overwhelming guilt or shame by focusing on present-moment awareness and practical steps without becoming consumed by negative emotions.

6. Burning Bridges and Building New Ones: This skill focuses on ending relationships, situations, or habits that encourage addictive behaviours (burning bridges) and fostering new, positive connections that support recovery (building new ones). It requires clients to identify the people, places, and things associated with their addiction and take actionable steps to change those aspects of their life. At the same time, clients are guided to establish and strengthen healthier relationships and support systems.

7. Urge Surfing: Urge surfing is a mindfulness-based strategy that helps clients ride out the intense urges to engage in addictive behavior without acting on them. Clients learn to observe their cravings, understand that they come and go like waves, and practice non-reactivity until the urge subsides. This skill helps build tolerance for discomfort and reinforces the idea that urges are temporary.

8. "Burn the Bridge" Plan: Unlike burning bridges and building new ones, the burn the bridge plan is a crisis intervention skill where clients create a detailed plan to avoid giving in to powerful addictive urges. This plan may include removing access to means for engaging in addictive behaviours, contacting support networks, and engaging in distraction techniques or healthy activities when facing an immediate craving.

9. Wise Mind and Addiction: Clients use their wise mind—the balanced integration of emotional mind and rational mind—to make decisions that align with their long-term values and recovery goals. This skill helps clients stay grounded and make mindful choices when they experience cravings or are tempted to engage in addictive behaviors.

Summary

DBT addiction skills equip individuals with targeted techniques that address both the psychological and behavioral aspects of addictive patterns. By integrating these skills with the foundational principles of DBT, clients learn to manage cravings, cope with distress, and build a life worth living without relying on addictive behaviors. The combination of practical skills and mindful awareness empowers clients to navigate challenges and maintain their recovery journey with resilience.

RETREAT SKILLS LEVEL 1 TRAINING SCHEDULE

SKILLS IN RED ARE DBT ADAPTION FOR ADDICTIONS!

WEEK 1

- **Day 1: Monday**
 - Mindfulness Skills (Practical Mindfulness)
- **Day 2: Tuesday**
 - WISE Mind & Addiction
 - Dialectical Abstinence
- **Day 3: Wednesday**
 - Distraction & TIPP
 - Grounding
- **Day 4: Thursday**
 - Dual Awareness
 - Managing Behaviours
- **Day 5: Friday**
 - Urge Surfing
 - Clear Mind
- **Day 6: Saturday**
 - Ripple Effect
 - Review of Week 1 Skills
- **Day 7: Day Off**

WEEK 2

- **Day 1: Monday**
 - Validation
 - Rainbows
- **Day 2: Tuesday**
 - Memory Gems
 - Long Term Experiences
- **Day 3: Wednesday**
 - Alternate Rebellion
 - Burning Bridges
- **Day 4: Thursday**
 - Self Agency
 - Adaptive Denial
- **Day 5: Friday**
 - Values and Beliefs
 - Hand of Support
- **Day 6: Saturday**
 - Connection to Community
 - "Burn the Bridge" Plan"
- **Day 7: Sunday**
 - Review Week 2 Skills & Retreat



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DAILY SCHEDULE

ORIENTATION DAY (DAY 1)

- 9am-10.30am: Arrive and check-in
- 10.30am: Welcome Tea
- 11am: Settling into your surrounds & individual checkins
- 12.15pm: Lunch
- 1pm: Program Introduction
- 2.30pm: Afternoon Tea
- 3.00pm: Afternoon Group Session
- 5.00pm: Self-Paced Activities
- 6.00pm: Dinner
- 7.00pm: Mindfulness Lecture & Practice
- 7.45pm: Retreat Concludes for the day

DAILY RETREAT SCHEDULE

- 7am: Mindfulness Bell Rings
- 7.30am: Yoga &/or Tai Chi
- 8.15am: Mindful self-care
- 8.30am: Breakfast
- 9.15am: Prepare for the Day
- 9.30am: Morning Group Skills Session (Morning Tea @ 10.30am)
- 12.15pm: Lunch
- 1.15pm: Individual Sessions/ Self-Paced Activities
- 2.15pm: Afternoon Tea
- 2.30pm: Afternoon Group Session
- 4.30pm: Individual Sessions/ Self-Paced Activities
- 6.00pm: Dinner
- 7.00pm: Mindfulness Lecture & Practice
- 7.45pm: Retreat Concludes for the day

FINAL DAY SCHEDULE (SUN) - MIDDLE SUNDAY IS A DAY OFF

- 7am: Mindfulness Bell Rings
- 7.30am: Yoga &/or Tai Chi
- 8.15am: Mindful self-care
- 8.30am: Breakfast
- 9.15am: Prepare for the Day with awareness
- 9.30am: Morning Group Skills Review Session (Morning Tea @ 10.30am)
- 12.15pm: Lunch
- 1.15pm: Individual Sessions/ Self-Paced Activities
- 2.15pm: Afternoon Tea
- 2.30pm: Individual Sessions/ Self-Paced Activities
- 4.30pm: Mindfulness Bell Rings and the 14 Day Retreat Conclusion

ABOUT DBT RETREATS

DBT IS CONSIDERED A GOLD STANDARD TREATMENT

DBT Retreats are facilitated by Australian DBT Institute's Credentialed DBT Practitioners.

Our DBT Retreat team includes qualified Psychologists, Clinical Psychologists, Social Workers, Mental Health Nurse, Nurse Practitioner, and Medical Officer. The Australian DBT Institute is a national mental health service established in 2004 following a formal partnership and mentoring through Marsha Linehan's (developer of DBT) training organisation Behavioral Tech LLC (2003 and 2008). Our team, led by Dr. Peter King, also trains, supervises, and develops mental health practitioners throughout Australia, New Zealand and South East Asia in Dialectical Behaviour Therapy and Trauma Therapy Approaches.

Each year the Australian DBT Institute provides a range of DBT and DBT informed therapy programs including our DBT Retreats (Sunshine Coast, QLD & Thailand), online DBT groups through DBT Assist as well as individual therapy and comprehensive DBT programs through our psychology clinics in Melbourne, Sydney, Brisbane and online.

DBT RETREAT FEES

INDIVIDUAL RETREATS FROM \$18,000 AUD PER WEEK
GROUP RETREATS FROM \$7,700 AUD PER WEEK



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