



# DBT CLINICS

Melbourne: 144 Martin St Brighton VIC  
Sydney: 7 Melbourne Ave Mona Vale NSW  
Online via Telehealth - Australia & South East Asia



Referrals  
& More info



## 2025 DBT PRIMER PROGRAM

Our approach is underpinned by a **Dialectical Behaviour Therapy (DBT)** informed approach. DBT as a treatment approach is designed to help with maladaptive undercontrolled coping, which clinicians refer to as “dysregulation” — difficulty managing intense emotions. Dysregulation can lead to impulsive, self-destructive, or self-harming behaviors. The goal of DBT is to teach techniques to support individuals to understand their emotions without judgment (part of the mindfulness component of DBT) and also to acquire skills and techniques to manage emotions and change behaviors in ways that will make an individual's life more enjoyable.

The **DBT Primer program** is a program developed by Dr. Peter King at the Australian DBT Institute and provides access to a range of pre-DBT resources for individuals looking to complete a DBT program.



### ONLY AVAILABLE VIA TELEHEALTH

Our DBT Primer Program includes  
4 individual sessions, and  
8 skills class sessions.

BOOK AN APPOINTMENT ON

**03 9586 8488**

[dbtclinics.com](https://dbtclinics.com)



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**DBT  
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# DBT PRIMER PROGRAM (4 WEEKS)

The DBT Primer Program has been developed from the research of Dr. Peter King and is informed by translational research into the effectiveness of DBT programs. Participants in the DBT Primer Program will need a commitment to five weeks of individual therapy and group sessions, attending a total of 12 sessions. Sessions include an assessment/planning session, 8 x group sessions and, 3 x individual sessions. **If you do not have access to the NDIS the cost of the program is \$140 a week for 4 weeks** (*the commitment is to attend 2 skills classes and 1 x individual session weekly*).

## What are the possible benefits of taking part?

Participating in the DBT Primer Program may offer several benefits to participants:

- 1. Preparedness:** By taking part in the program, you will become well-prepared for a full DBT (Dialectical Behaviour Therapy) program. This preparation can help you understand the therapy better and be ready to make the most of a DBT program.
- 2. Support:** You will receive support from individual therapists and group sessions, which can be valuable in managing emotional challenges and building better-coping skills.
- 3. Therapeutic Skills:** You will learn essential skills, such as mindfulness, crisis management, and identifying personal resources, which can be beneficial in your daily life and emotional well-being.
- 4. Improved Mental Health:** Participation can lead to improvements in your mental health and emotional well-being. It provides an opportunity to work on issues and concerns with the help of trained professionals.
- 5. Low Cost:** All the sessions are offered with reduced fees for individuals not able to access the NDIS, ensuring access to valuable resources without a financial burden.
- 6. Better Outcomes:** Being well-prepared and supported before entering a full DBT program can lead to more successful outcomes and a higher likelihood of achieving your therapeutic goals.

## 2024 Intake for the DBT Primer Commencement Dates

- **Term 1, 2025** week commencing 6th January 2025
- **Term 2, 2025** week commencing 10th March 2025
- **Term 3, 2025** week commencing 9th June 2025
- **Term 4, 2025** week commencing 8th September 2025

## DBT Primer - Individual Sessions

Week 1: Assessment & Planning  
Week 2: Diary Card & Journaling  
Week 3: Orientate to Chain Analysis  
Week 4: Phone & Skills Coaching

## DBT Primer - Group Sessions

Week 1: Introduction & Mindfulness  
Week 2: Pleasant Events & Grounding  
Week 3: Identifying Resources & Self-Care  
Week 4: Memory Gems & Ripple Effect

## Program Referrals

Through our Brighton Clinic VIC  
Tel: 03 9586 8488 Email: [intake@dbtclinics.com](mailto:intake@dbtclinics.com)

## Online Referrals & More info

Web: [www.dbtclinics.com/primer](http://www.dbtclinics.com/primer)

