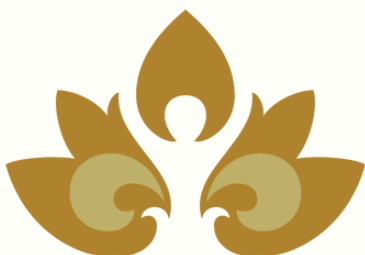




14 DAY DBT FAMILY RETREAT

20 Sessions of Dialectical Behaviour Therapy, Individual Skills Coaching, Mindfulness, Yoga, Tai Chi and more!

2024-5 LOCATIONS
BANG TAO BEACH, PHUKET, THAILAND
PHANG NGA, THAILAND



DBT RETREATS
AUSTRALIAN DBT INSTITUTE
THAILAND

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 THAILAND

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

Are you a parent or caregiver of a teenager who is struggling with borderline personality disorder, depression, anxiety, or trauma? Supporting a teen through these challenges can be overwhelming, but there is hope and specialized care available. The Australian DBT Institute offers an intensive program specifically designed for teenagers with borderline personality disorder. This program stands out as the only one of its kind in the Asia Pacific Region, providing a holistic and comprehensive approach that not only addresses borderline personality disorder but also tackles depression, anxiety, and PTSD.

What makes this program unique is its multifaceted approach, which integrates parent support, individual and group therapy, educational resources, and lifestyle integration. This ensures that teenagers receive well-rounded support tailored to their specific needs, empowering them to make real, lasting changes. The program's focus extends beyond immediate symptom relief, aiming to address the root causes of mental health challenges, which is essential for fostering resilience and long-term well-being.

Our approach is grounded in Dialectical Behavior Therapy, a proven method known for helping individuals develop crucial coping skills and emotional regulation strategies. Through this program, a dedicated care team works closely with both teenagers and their families to ensure a collaborative and inclusive treatment experience. Parents play an essential role as active participants, learning alongside their teens and applying newfound skills that help reinforce positive changes in a teen's life. This joint commitment fosters a supportive environment that can significantly enhance the effectiveness of therapy and interventions.

The Australian DBT Institute's program also emphasizes ongoing education and lifestyle adjustments, encouraging teens to incorporate healthy habits and routines into their daily lives. These adjustments are designed to complement therapeutic strategies, helping teens better manage stress, build confidence, and maintain emotional stability.

DBT Retreats serve as a cornerstone of this transformative experience, providing immersive and focused settings where teens and their families can deepen their understanding and practice of new skills. These retreats offer a nurturing and safe space for personal growth, allowing teens to work through their challenges with the support of expert clinicians and peers facing similar struggles. The aim is to equip teenagers with the tools they need to navigate their mental health journey, ultimately paving the way for a healthier, more fulfilling future.

By choosing the Australian DBT Institute's DBT Retreats, you are investing in a comprehensive, empathetic, and effective program that helps teens move beyond their current struggles and achieve a brighter, happier, and more stable tomorrow.

Contact our team on 03 9586 8499

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Workbooks, Individual Therapy and Family Sessions all included



RETREAT ACCOMMODATION



The fees for DBT retreats do not include accommodation. We acknowledge that individuals have different needs and preferences regarding accommodation. Therefore, individuals can choose the Bang Tao Beach or Phang Nga regions which are only 30-45 minutes drive from the Phuket International Airport. These locations also allow retreat participants to access a range of fun activities within a 20-45 minute drive during downtime!

To ensure your retreat best meets your needs please consider the following when choosing your accommodation:

- You will need a lounge room area or office at your accommodation to meet with your therapist
- It is best to be away from the nightlife in a quiet area.
- You will need internet service access if your therapist is not on site and to access our online education portal.

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

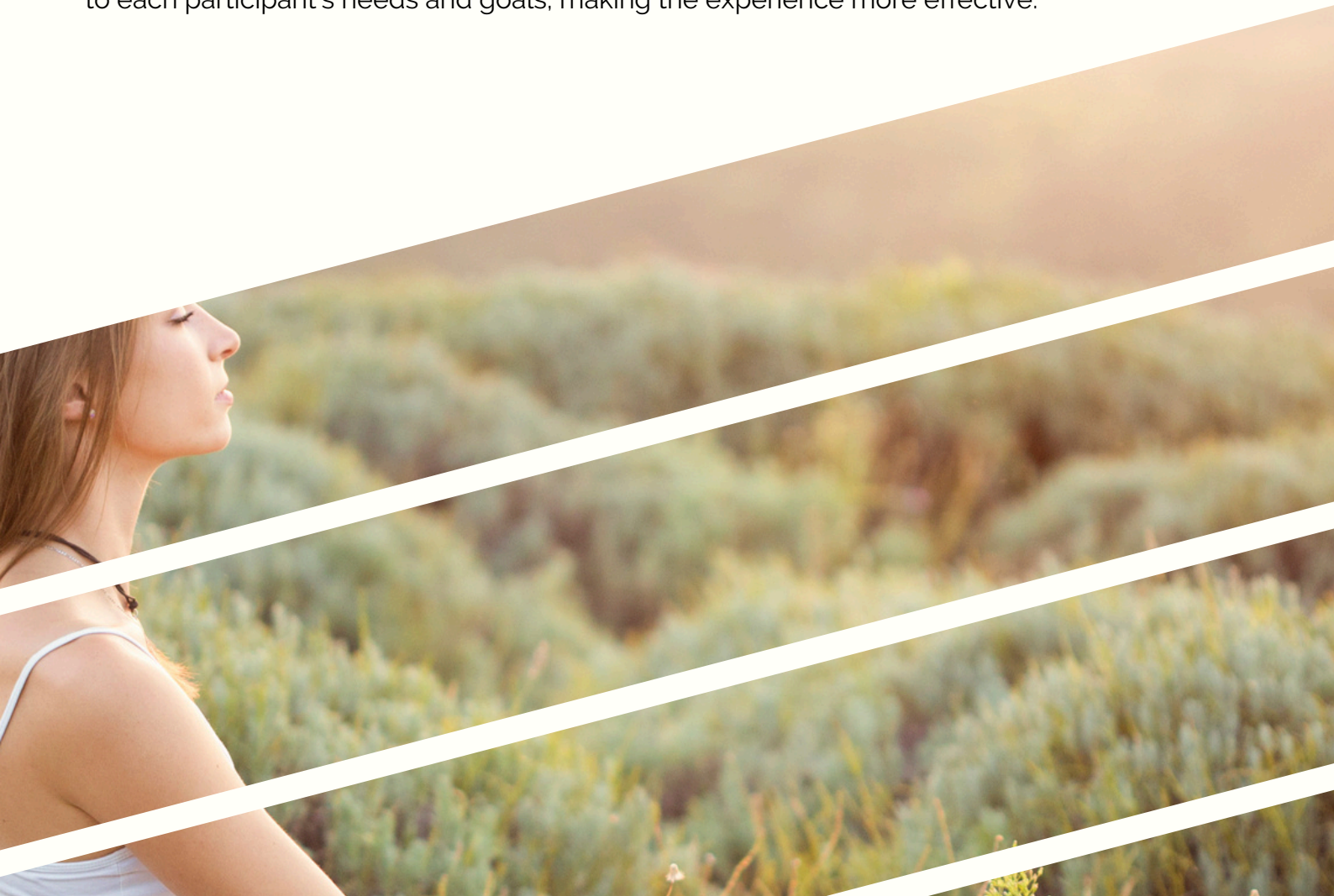
Unlike typical workshops or courses, retreats offer an immersive experience that combines learning with practical application. This deep level of engagement helps solidify new DBT-informed skills through practice and reflection.

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.





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.

RETREAT SKILLS TRAINING SCHEDULE

WEEK 1

- **Day 1: Monday**
 - Mindfulness Skills (Practical Mindfulness)
 - Self-Paced Mindfulness Practice
- **Day 2: Tuesday**
 - Ripple Effect
 - Self-Paced Practice Ripple Effect
 - Dialectics
 - Self-Paced Practice Dialectics
- **Day 3: Wednesday**
 - Dual Awareness
 - Self-Paced Dual Awareness Practice
- **Day 4: Thursday**
 - Grounding
 - Self-Paced Practice Grounding
 - Managing Behaviours
 - Self-Paced Practice behaviouralism
- **Day 5: Friday**
 - Distraction
 - Self-Paced Distraction Practice
- **Day 6: Saturday**
 - TIPP
 - Self-Paced Practice TIPP
 - Review of Week 1 Skills
 - Self-Paced Practice
- **Day 7: Day Off**

WEEK 2

- **Day 1: Monday**
 - Validation
 - Self-Paced Validation Practice
- **Day 2: Tuesday**
 - Rainbows
 - Self-Paced Practice Rainbows
 - Memory Gems
 - Self-Paced Practice Memory Gems
- **Day 3: Wednesday**
 - Long Term Experiences
 - Self-Paced Long-Term Experiences
- **Day 4: Thursday**
 - Self Agency
 - Self-Paced Self Agency
 - Alternate Rebellion
 - Self-Paced Practice Alternate Rebellion
- **Day 5: Friday**
 - Values and Beliefs
 - Self-Paced Values Practice
- **Day 6: Saturday**
 - Hand of Support
 - Self-Paced Practice
 - Review Week 2 Skills
 - Self-Paced Practice





DAILY SCHEDULE

DAILY SCHEDULE (MON, WED & SAT)

- 7am: Wake Up
- 7.30am: Yoga &/or Tai Chi
- 8.15am: Mindful self-care
- 8.30am: Breakfast
- 9.15am: Prepare for the Day
- 9.30am: Morning Family Skills Session
- 10.30am: Morning Tea
- 11.00am: Individual Session
- 12.15pm: Lunch
- 1.15pm: Self-Paced Activities
- 2.15pm: Afternoon Tea
- 2.30pm: Afternoon Family Therapy Session
- 4.00pm: Self-Paced Activities
- 5.00pm: Parent(s) Individual Session
- 6.00pm: Dinner

DAILY SCHEDULE (TUE, THU, FRI)

- 7am: Wake Up
- 7.30am: Yoga &/or Tai Chi
- 8.15am: Mindful self-care
- 8.30am: Breakfast
- 9.15am: Prepare for the Day
- 9.30am: Morning Family Skills Session (Morning Tea @ 10.30am)
- 12.15pm: Lunch
- 1.15pm: Self-Paced Activities
- 2.15pm: Afternoon Tea
- 2.30pm: Afternoon Family Skills Session
- 4.30pm: Self-Paced Activities
- 6.00pm: Dinner

DAILY SCHEDULE (SUNDAY, WK 1)

- Free Day

FINAL RETREAT DAY (SUNDAY, WK 2)

- 10am: Review Retreat with Dr. Peter King and Individual Practitioner
 - Planning ongoing support
 - Presentation of Crisis Management Plan
 - Exploration of treatment recommendations
- 12 midday: Retreat concludes

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

RETREAT COST \$14,700 (THERAPY & SKILLS CLASSES)
PRE & POST RETREAT INDIVIDUAL THERAPY SESSIONS
\$220 PER SESSION



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