



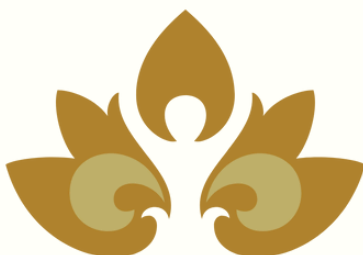
2025 DBT RETREAT OPTIONS

Dialectical Behaviour Therapy (DBT) Informed retreats
for Individuals, Couples, Families, and more.

Options include group and exclusive retreats!

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 well-being at the Australian DBT Institute's transformative retreats, built upon a Dialectical Behaviour Therapy (DBT) framework. Our retreats provide a supportive and structured environment where mindfulness, emotional regulation, and distress tolerance are key components in fostering growth and resilience. 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 personal growth, supported by evidence-based therapy and a community dedicated to your success.

Your journey to balanced living starts here!

What sets our program apart is its comprehensive approach, integrating individual and group therapy, couples support, educational resources, and lifestyle development. This multidimensional focus ensures participants receive tailored and holistic care, empowering them to make meaningful, lasting changes. Beyond addressing immediate challenges, our program explores the underlying factors affecting well-being to promote enduring resilience and emotional balance.

At the heart of our retreat is the proven DBT method, known for helping individuals build essential skills to navigate life's challenges. Our dedicated team collaborates closely with participants and their partners, fostering an inclusive and cooperative environment. Partners are invited to engage in the learning process, applying new strategies that reinforce positive changes in everyday life. This collaborative approach creates a supportive network that amplifies the success of therapeutic efforts.

The Australian DBT Institute's retreat program emphasizes ongoing education and lifestyle practices, equipping participants with tools to integrate healthy habits into their daily routines. By complementing therapeutic work with lifestyle adjustments, we help participants manage stress, build confidence, and sustain emotional balance over the long term.

Our retreats offer a nurturing environment where participants can openly address challenges, supported by experienced clinicians and peers who share similar goals. The ultimate aim is to empower individuals with practical skills to navigate their personal journeys 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 obstacles and achieve long-term well-being.

Take the first step toward a brighter, 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.



DBT RETREATS
AUSTRALIAN DBT INSTITUTE





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.

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.



DBT RETREATS
AUSTRALIAN DBT INSTITUTE





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.

SAMPLE DBT RETREAT SCHEDULE (LEVEL 1)

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



DBT RETREATS
AUSTRALIAN DBT INSTITUTE





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) - OTHER SUNDAYS ARE DAYS 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

DBT RETREAT OPTIONS

A Dialectical Behaviour Therapy (DBT) retreat offers a unique opportunity for individuals to step away from the demands of daily life and focus on personal growth in a supportive, immersive environment. Rooted in evidence-based DBT principles, these retreats are designed to help participants develop skills in mindfulness, emotional regulation, distress tolerance, and interpersonal effectiveness. Guided by experienced therapists, attendees engage in a combination of individual and group therapy, hands-on exercises, and educational sessions tailored to their needs. The structured yet nurturing setting encourages self-reflection, emotional healing, and the cultivation of resilience, all within a community of like-minded individuals. A DBT retreat provides a transformative experience, empowering participants to navigate challenges with confidence and embrace a more balanced and fulfilling life.

DBT Retreat Programs

General DBT Retreats: Our General retreat offers a focused and supportive environment for individuals to develop skills in mindfulness, emotional regulation, distress tolerance, and interpersonal effectiveness. Combining evidence-based DBT techniques with guided therapy sessions, these retreats provide participants with tools to navigate challenges, build resilience, and enhance overall well-being. Set in a tranquil setting, a DBT retreat fosters self-awareness and personal growth, empowering individuals to achieve greater emotional balance and fulfillment.

DBT Youth & Family Retreats: Our youth and family DBT retreat provides a supportive environment where young individuals and their families can work together to build emotional resilience and strengthen relationships. Through evidence-based DBT strategies, participants learn skills in mindfulness, emotional regulation, distress tolerance, and effective communication. Guided by experienced therapists, families engage in collaborative activities and therapy sessions that foster understanding, connection, and shared growth. This retreat offers a transformative opportunity to create a foundation for lasting emotional balance and healthier family dynamics.

Addictions Retreats: Our DBT addictions retreat offers a structured and supportive space for individuals seeking to address addictive behaviors and build healthier coping strategies. Combining evidence-based DBT techniques with personalized therapy, participants develop skills in mindfulness, emotional regulation, and distress tolerance to navigate triggers and reduce harmful patterns. Specific 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.



DBT RETREATS
AUSTRALIAN DBT INSTITUTE



Corporate Retreats: Our corporate DBT retreat is designed to support professionals in enhancing emotional intelligence, stress management, and interpersonal effectiveness within the workplace. Through evidence-based DBT techniques, participants learn skills in mindfulness, emotional regulation, and effective communication, fostering resilience and collaboration in professional settings. Guided by experienced facilitators, this retreat provides a transformative space for teams and leaders to cultivate balance, reduce burnout, and build healthier workplace dynamics.

Exclusive & Group Retreat Options

DBT retreats are offered in two primary formats in Phang Nga, Thailand, and the Sunshine Coast Hinterland, Australia: individual and group retreats, each tailored to different needs and preferences.

Individual DBT Retreats provide a highly personalized experience, allowing participants to focus on their unique goals and challenges with one-on-one guidance from experienced therapists. These retreats are ideal for those seeking a deeply tailored approach to developing skills in mindfulness, emotional regulation, and distress tolerance, all within a private and supportive setting. Individual retreats can also be customized for families and couples!

Group DBT Retreats offer a collaborative environment where participants can connect with others who share similar goals. Guided by skilled facilitators, group retreats focus on building interpersonal effectiveness, emotional resilience, and community support through shared activities and group therapy sessions. This format fosters learning from collective experiences and encourages mutual encouragement and growth.

Both of our retreat options provide immersive, evidence-based DBT interventions designed to equip participants with practical tools for lasting emotional regulation and personal transformation.

Contact our team on 03 9586 8499

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

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



DBT RETREATS
AUSTRALIAN DBT INSTITUTE

