

Treatment for teenagers with self-harm, suicidal thinking and emotion dysregulation

DBT for adolescents and caregivers

This 24-week comprehensive program is for teenagers who struggle with emotional extremes. Dialectical Behaviour Therapy (DBT) is a state-of-the-art, evidence-based therapy that involves:

1. Weekly individual therapy for adolescents
2. Weekly group skills training for adolescents and caregivers
3. Phone coaching between sessions for both adolescents and caregivers

Entering the program is contingent on three to four pretreatment sessions for assessment, orientation and commitment.

DATES

Modules run every 8 weeks with an opportunity to enter at the start of every module. All pretreatment sessions need to be completed before the module commences

COST

From \$760 per week



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