

Mental Wellness Hub

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Introduction to Dialectical Behavioural Therapy (DBT)

Lecture	Additional Handouts
1. Introduction, History and Overview	Yes
2. DBT & Borderline Personality Disorder	Yes
3. DBT & Mental Health Issues	Yes
4. DBT & Adolescents	Yes

Assessment

- 1 final assessment must be done in order to obtain your certificate.

Payment Procedures

- Payment Options:
 - Online Bank Transfer/Bank Deposit to our Account (details will be sent privately to each student)
 - Online via Credit Card (via Wipay)

Disclaimer

- This course is for personal development only, and is not a substitute for a Degree in Psychology or any related Mental Health field.