



Get Psych'd
youth psychology

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GET PSYCH'D SKILLS

NAVIGATING YOUR EMOTIONS

Over 3 separate modules of 6-weeks young people learn practical skills to:

DISTRESS TOLERANCE:
Navigate their reactions to
distress and painful events

**MINDFULNESS & INTERPERSONAL
EFFECTIVENESS:**
Build and maintain healthy
relationships

EMOTION REGULATION:
Regulate their emotions

COMING SOON

**A SKILLS BASED DIALECTICAL
BEHAVIOUR THERAPY (DBT) GROUP
PROGRAM FOR YOUNG PEOPLE
AGED 12 - 25.**

WITH FLEXIBILITY TO CHOOSE TO DO JUST 1, 2 OR ALL 3 MODULES!

WHY ATTEND THIS GROUP PROGRAM

Learn strategies to assist with a range of challenges, including:

- Anger concerns
- Verbal and physical aggression
- Conflict in relationships
- Problematic behaviours
- Self-harm behaviours
- Difficulties managing emotions

WHO SHOULD ATTEND

The GPS group program is suitable for all young people aged 12 - 25, particularly:

- while on a waitlist for individual therapeutic support
- to develop DBT skills to compliment individual therapy
- for those not ready to engage in individual therapy

**THIRD PARTY FUNDING MAY BE AVAILABLE.
IN-HOUSE GPS GROUP PROGRAMS OFFERED BY ARRANGEMENT.**

DURATION

Each module is delivered face-to-face over 6-weeks. Group sessions (2 hours) are held weekly on:

- GPS for Youth: **Tuesdays** from **4pm - 6pm** for young people **aged 12 - 18**
- GPS for Young Adults: **Wednesdays** from **3pm - 5pm** for young people **aged 18 - 25**

Registrations are required prior to the commencement of each module, and participants must attend the full 6-weeks of the module.

SCHEDULE

The GPS group program is run on a **rolling schedule** through each of the 3 modules.

Modules aren't sequential and can be undertaken **in any order**, giving young people the flexibility to join the program and complete a module when suits them.

COST

The cost is **\$570** per module per person. This includes GPS workbook, program materials and activities. Payment is required upon registration.