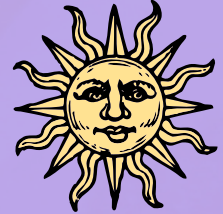


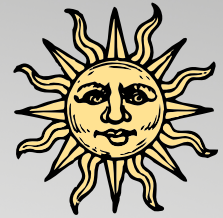
From Chaos to Clarity in 4-Steps



Dialectical Behavioural Therapy



Welcome



Thank you for your interest in our 27-week DBT Online Program, "From Chaos to Clarity in 4-Steps". This program is based on Dialectical Behavioural Therapy (DBT), is evidence-based and was originally developed by Marcia M. Linehan. DBT is part of the "third wave" of Cognitive Behavioural Therapy (CBT) and is based on the biosocial theory of mental illness. It was originally developed for people living with Borderline Personality Disorder (BPD) and chronically suicidal clients. DBT has now been proven to be effective with other conditions such as depression, drug and alcohol addiction, post-traumatic stress disorder (PTSD), traumatic brain injuries (TBI), binge-eating disorders, mood disorders, sexual abuse survivors and people who have symptoms and behaviours associated with spectrum mood disorders, including self-injury.

The DBT techniques used in this program can be effective if you generally find it difficult to control your emotions or you are a people-pleaser and have difficulty being assertive. Perhaps you have difficulty staying focussed on a task, procrastinating or self-sabotage. Maybe you have always had an issue communicating your thoughts or feelings to others or have difficulty maintaining friendships or staying in a long-term relationship.

General Disclaimer

The materials and training provided within the duration of this course are aimed to help reduce emotionally overwhelming feelings and help stabilise the participants' lives and relationships. It is not guaranteed that this course will work for everyone, and we will undertake that you do not feel that you have failed just because this technique may not work for you. It is recommended that this course is in conjunction with any current counselling/psychotherapist treatment for people requiring high needs support and to also talk to their regular GP about how this course could benefit them.





Course Overview

This 27-week program is designed for individuals who are committed to attending regularly and completing each week's takehome tasks.

The program consists of four 6-week modules with a 1-week break between each module. Each week's session will run for 2-hours and be held online. You may choose not to do all modules and instead do only one, two or three that work best for you. All materials will be sent to you once you have paid for the modules you wish to participate in.

An orientation PowerPoint presentation will be sent to you providing an overview of DBT, and it is recommended that this is viewed before you commence your first module.

It is recommended that participants with high-needs mental health disorders continue their treatments with their psychiatrist/ counsellor in conjunction with this training.





Your Trainer

Helen Day is an experienced, qualified counsellor and Neuro Transformation Therapy Practitioner and specialises in DBT training. She runs a mental health drop-in centre and works with a range of clients with various complex mental health issues. Helen designed and delivered the materials used in this program at the drop-in centre she runs as a group skills program and provides individual DBT therapy.

Helen is unique in that she is not only a qualified counsellor registered with the Australian Counselling Association but also has mental health lived experience. Helen has overcome clinical depression and Complex-PTSD that developed as a result of childhood trauma. She has also completed the Association for Psychological Therapies accredited DBT Essentials Course, including certification and resources.

Helen is also a qualified accountant with over 20 years of experience and can assist with financial counselling. She also has skills and training in intervention for Crisis and Trauma, Counselling for Loss and Grief, Child, Youth & Family Intervention, Counselling for Alcohol & Other Drugs, CBT, Solution Focused and Narrative therapies and in 2021 worked with SARCS as an on-call trauma counsellor.

Helen is the NT Consumer Representative for the National Mental Health Consumer & Carer Forum (NMHCCF), is on their national Exec Board as the Ordinary Consumer Member and is a board member for the NT Mental Health Coalition. She is involved in national consultation for working groups for the NMHCCF including Co-Chair of the Psychosocial Disability Working Group.





Important Information

Start date: Chose your start date from the Calendly Link

Duration of training: Weekly for 27 weeks (1-week break after each module)

Mode: Online

Duration of group: 2 hours

Eligibility: For anyone over 18 years, however, it is highly recommended that people with high-needs mental health disorders combine this training with individual treatments they are receiving with their psychiatrist or counsellor.

Each course module must be paid within 2-days before the course commencing. Participants can decide if they want to progress to the next module, but upfront payment is required before they start.

No Medicare rebate is available.

Payment can be made via our booking page:

<https://calendly.com/transformingpositivevibes>

No refunds are available.



4-Steps Weekly Plan

Module 1: Transcending Your Mind

Week 1 - Orientation

Week 2 - Overview of Core Mindfulness Skills

Week 3 - Wise Mind

Week 4 - Taking Hold of Your Mind

Week 5 - Middle Path

Week 6 - Dialectics

Module 2: Mastering Healthy Distress Tolerance Techniques

**Week 1 - Crisis Survival
(STOP Skill; Pros and Cons)**

Week 2 - TIP Skills

**Week 3 - Distracting; Self-Soothing;
Improving the Moment**

Week 4 - Reality Acceptance

Week 5 - Willingness

Week 6 - Skills in Practice

4-Steps Weekly Plan

Module 3: Obtaining & Restoring Emotional Regulation

Week 1 - Validation & Understanding Emotions

Week 2 - Changing Emotions

Week 3 - Checking the Facts

Week 4 - Problem Solving

Week 5 - Accumulating Positive Emotions

Week 6 - Building Mastery Ahead and
Coping PLEASE

Module 4: Achieving Interpersonal Effectiveness

Week 1 - Clarifying Goals

Week 2 - DEAR MAN

Week 3 - GIVE

Week 4 - FAST; Validation

Week 5 - The Dime Game

Week 6 - Troubleshooting



Commonly Asked Questions

1. What are the benefits of Group Skill Training

There are many benefits to Group Skill Training. One benefit that stands out the most is the opportunity to be around people who may have similar issues. It helps normalise and validate what you are experiencing.

2. Do I have to complete all four modules?

It is not a requirement to do all four modules, but we do recommend that you complete the Transcending Your Mind together with at least one other module.

3. Do I have to pay each module upfront?

Yes, payment is required within 2 days of course commencement. We do not offer refunds if you decide to drop out during the course.

4. What if I miss a session?

It is not ideal to miss any of the sessions. If you have a legitimate reason for missing a session, please contact us and we may be able to assist you with some additional material.

5. Will I be required to complete homework?

You will not receive the full benefits of this program, if you do not complete homework tasks. If you are unsure on how to complete any of the set tasks please contact us for further support.

6. Is there any research articles that demonstrate the benefits of the methods used in this program?

We have based this program on the Dialectical Behavioural (DBT) Group Skills method, which is one of the four parts to DBT which is an evidence-based treatment. We have included in the following page a list of just some of the research articles that have been written for further information.



Research Articles

1. Martinez, R. R., Marraccini, M. E., Knotek, S. E., Neshkes, R. A., & Vanderburg, J. (2021). Effects of dialectical behavioral therapy skills training for emotional problem solving for adolescents (DBT STEPS-A) program of rural ninth-grade students. *School Mental Health*, 1-14.
2. Krantz, L. H., McMain, S., & Kuo, J. R. (2018). The unique contribution of acceptance without judgment in predicting nonsuicidal self-injury after 20-weeks of dialectical behaviour therapy group skills training. *Behaviour research and therapy*, 104, 44-50.
3. Lyng, J., Swales, M. A., Hastings, R. P., Millar, T., Duffy, D. J., & Booth, R. (2020). Standalone DBT group skills training versus standard (ie all modes) DBT for borderline personality disorder: a natural quasi-experiment in routine clinical practice. *Community Mental Health Journal*, 56(2), 238-250.
4. Warner, N., & Murphy, M. (2022). Dialectical behaviour therapy skills training for individuals with substance use disorder: A systematic review. *Drug and Alcohol Review*, 41(2), 501-516.
5. Navarro-Haro, M. V., Modrego-Alarcón, M., Hoffman, H. G., López-Montoyo, A., Navarro-Gil, M., Montero-Marin, J., ... & Garcia-Campayo, J. (2019). Evaluation of a mindfulness-based intervention with and without virtual reality dialectical behavior therapy® mindfulness skills training for the treatment of generalized anxiety disorder in primary care: a pilot study. *Frontiers in psychology*, 10, 55.
6. Malivoire, B. L. (2020). Exploring DBT skills training as a treatment avenue for generalized anxiety disorder. *Clinical Psychology: Science and Practice*, 27(4), e12339.
7. Valentine, S. E., Smith, A. M., & Stewart, K. (2020). A review of the empirical evidence for DBT skills training as a stand-alone intervention. *The Handbook of Dialectical Behavior Therapy*, 325-358.
8. Yang, X., Liu, D., Wang, Y., Chen, Y., Chen, W., Yang, C., ... & Zhang, X. (2020). Effectiveness of Zhong-Yong thinking based dialectical behavior therapy group skills training versus supportive group therapy for lowering suicidal risks in Chinese young adults: A randomized controlled trial with a 6-month follow-up. *Brain and Behavior*, 10(6), e01621.

Contact Us

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