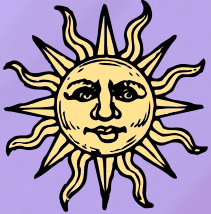
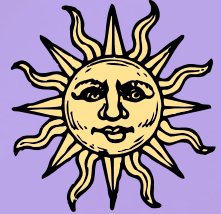


3 or 6-Week 1:1 Online Skills Program

---



# ***Stop Self-Sabotaging Behaviours***



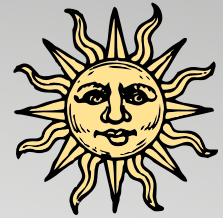
Dialectical Behavioural Therapy

---



<https://www.transformingpositivevibes.com.au>

# Welcome



Thank you for your interest in our 3 or 6-Week Online 1:1 Skills Program "Stop Self-Sabotaging Behaviours". This program utilises skill techniques from Dialectical Behavioural Therapy (DBT), which 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.

Self-sabotaging is all about having low self-esteem or a lack of belief in ourselves. You will find that most people whom self-sabotage do it because they don't believe that they are worthy of happiness. Some people will go as far as to sabotage the happiness of others because it hurts too much to see other people happy when they can't be.

People who self-sabotage often procrastinate. They regularly put off doing the things that may positively change their lives by using the excuse that they are not ready. This is usually done to avoid disappointing others, fearing failure, or succeeding.

Are you a perfectionist? If you answered "yes", then chances are that you also self-sabotage because holding yourself to an impossible standard will only lead to feelings of depression and that you are letting both yourself and others down.

People who self-sabotage can be prone to self-medicating through drugs, alcohol, or other forms of self-injury. This happens after the constant battle of wanting to succeed but then giving up because you either don't believe in yourself or have set your goals too high.

Does any of this sound familiar to you? Don't worry because there are methods to stop self-sabotaging behaviour. Our weekly 3 or 6-week 1:1 training and support sessions will help you find the root cause behind self-sabotaging behaviour, which will change your automatic self-destructive behavioural habits to a safer more positive mindset.





# Course Overview

---

Our 3 or 6-week program is designed for individuals who are committed to attending regularly and completing each week's set homework tasks.

The program is tailored for each individual based on the questionnaire you answer when enrolling for this workshop. We are all unique and have travelled down different paths, so what we discover and work on together will be different to another person who enrolls on this course. This is why it is very important that you provide me with as much information that you feel comfortable sharing so that we can make the most of our time together.

This one-to-one workshop is a more economical way of receiving counselling support with a bonus coaching session that will teach you new skills to stop your automatic self-sabotaging mindset. You also have the option to attend one of our **FREE Self Discovery Sessions** ([Book Here](#)) to meet your trainer and learn a little more about what is covered in the course.

If you are receiving NDIS support, you can request this course as part of your support package by providing these details to your support co-ordinator.

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







# ***Your Trainer***

Helen Day is an experienced counsellor who 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 and also provides individual DBT therapy.

Helen is unique in that she is not only a qualified counsellor registered with the Australian Counselling Association but also had 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 which included 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:** Commences in June 2022

**Duration of training:** 3-Week or 6-Week courses

**When:** Tuesdays at 3 pm ACST (Darwin time)

**Mode:** 1:1 Online

**Duration:** 1 hour

**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.

**3-Week Cost:** \$250 per week - a total of \$750

**6-Week Cost:** \$250 per session - a total of \$1500

(Payment required prior to course commencement)\*

No Medicare rebate is available

Suitable for NDIS Support Package

Payment can be made via the links above or through our booking page:

**<https://calendly.com/transformingpositivevibes>**

No refunds are available

\*Ask about our no-interest payment plan



# ***3 or 6- Weekly Plan***

## **3-Week Plan**

Week 1 - Discovering the root cause

Week 2 - Skillsets toward healthy behaviour

Week 3 - Clarify your values and set new goals

***PLUS:***

FREE 15-Minute Sessions to Track Your Progress

## **6-Week Plan**

Week 1 - Discovering the root cause

Week 2 - Identifying healthy behaviours

Week 3 - Reality Acceptances and Validation

Week 4 - Skillsets toward healthy behaviours  
to anticipate and plan for obstacles

Week 5 - Techniques to boost your tolerance  
for uncomfortable feelings

Week 6 - Clarify your values and set new goals

***Plus:***

FREE 15-Minute Sessions to Track Your Progress

# ***Commonly Asked Questions***

## **1. Can I request to do this course as part of my NDIS Plan?**

Yes! The trainer is a qualified counsellor with mental health lived experience and this course is also ideal for people living with a psychosocial disability.

## **2. How will I know if this course is right for me?**

The course is tailored for you as an individual. Before preparing each week's class, we will base it off your initial answers on our on-line booking questionnaire and then what is discovered during each session. You also have the opportunity to find out more before enrolling with our FREE Discovery Sessions

## **3. Do I have to pay each session upfront?**

Yes, weekly payments are required at the time of booking your session.

## **4. What if I miss a session?**

If you provide 24-hour notice we can re-schedule your appointment at no cost. You will not be reimbursed if you do not turn up or provide less than 24-hours notice.

## **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 Dialectical Behavioural (DBT) therapy, which is an evidence-based treatment. We have included on 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. 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.
4. 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.
5. Malivoire, B. L. (2020). Exploring DBT skills training as a treatment avenue for generalized anxiety disorder. *Clinical Psychology: Science and Practice*, 27(4), e12339.
6. 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.
7. Ugwuzor, M. (2021). Self-Destructive Work Behavior Management for Socio-Economic Emancipation: A Classic Case of Saving One from Oneself. *Journal of Economics and Behavioral Studies*, 13(3(J), 34-43. [https://doi.org/10.22610/jebs.v13i3\(J\).3173](https://doi.org/10.22610/jebs.v13i3(J).3173)



# ***Contact Us***

Phone: 0418 646 389

Email: [support@transformingpositivevibes.com.au](mailto:support@transformingpositivevibes.com.au)

Web: <https://www.transformingpositivevibes.com.au>

Facebook:

[facebook.com/TransformingPositiveVibesCounsellingSupport](https://www.facebook.com/TransformingPositiveVibesCounsellingSupport)

Instagram:

[instagram.com/transformingpositivevibes](https://www.instagram.com/transformingpositivevibes)

LinkedIn:

[linkedin.com/transforming-positive-vibes-counselling-support](https://www.linkedin.com/company/transforming-positive-vibes-counselling-support)

