

Daniel Rabinowitz
BA (Rhodes), BA Hons (UNISA), MA (UJ)

Dialectical Behaviour Therapy (DBT) Course

Starting new group 17 February 2025
Mondays 18h00 to 20h00

DBT is a well-researched (~34 years) and evidenced-based therapy (it has been shown to work!) for individuals who experience extreme and intense emotions. The emphasis of DBT sessions is on learning skills to handle emotional trauma.

THE DBT COURSE WILL TAKE PLACE AT:

CAPE TOWN PSYCHOLOGISTS

Suite 505 Equinox Building
156 Main Road
Sea Point



When is the first session?

The first session is an individual session and must take place before the start of the course. The first session is charged at standard practice rates. You are required to set up an individual appointment to introduce you to DBT and to give you an idea of what to expect in the group sessions.

Which day is the course?

There are sixteen Monday sessions from 18:00 sharp to 20:00 sharp. These 16 sessions are divided into modules of four sessions each. To complete the course, you are required to complete the total of 16 sessions. Each four-week module repeats some components of the previous module to encourage you to better remember the content. DBT is all about repetition and retention of the information.

How many sessions must I attend?

Once you have committed to the Monday sessions, you are required to attend every Monday session for sixteen weeks. This is your commitment to the DBT course. The Monday sessions are closed groups, meaning that we wait for at least six people to join the group before commencing the 16-week cycle. The Monday sessions may not be directly consecutive, for example due to public holidays, or other reasons based on group consensus.

How does DBT work?

The DBT sessions will work only if you put in the effort. What you put in is what you get out.

What are the DBT modules?

The DBT programme covers the following modules: Emotion Regulation, Interpersonal Effectiveness, Mindfulness, Distress Tolerance. Each module contains four sessions, as repetition is important for learning.

What happens in a DBT session?

The first hour of the session is dedicated to reviewing your homework/diary card and revising skills learned. The diary card is a way of helping you and the therapist understand what worked and what still needs to be done. In the second hour of the session, you are taught skills, which is an essential part of understanding what you need to learn to do to relieve intense and extreme feelings.



For all bookings or enquiries please
contact our office at
082 685 4666, or email
danielpsychoanalyst@gmail.com



Welcome Letter

We are excited that you are considering our Dialectical Behaviour Therapy (DBT) course starting Monday, 17 February 2025! The course consists of the following sessions:

- One individual session

You are required to set up an individual appointment (one psychological hour) for clinical assessment and to introduce you to DBT and to give you an idea of what to expect in the course.

Prior to joining this session, you will be required to watch the following You Tube video explaining DBT:

<https://www.youtube.com/watch?v=Stz--d17ID4&t=8s>

You are also required to complete an assessment, to be found on the following website:

<https://novopsych.com.au/assessments/formulation/difficulties-in-emotion-regulation-scale/>

Please bring the results of the assessment to your assessment session.

- Sixteen Monday group sessions by one or two psychologists (sometimes, on availability, a guest DBT speaker)

The course takes place on Mondays, 18:00 to 20:00. Once you have committed to the Monday sessions, you are required to attend every Monday session for sixteen consecutive weeks.

Cost of the sessions

Commitment session.....R1,645.00 payable immediately after your individual appointment.
Sixteen group sessions.....Course fee of R5,000.00 before the first session and another R5000 after the first module (by the fifth session).

Payment structure of sixteen-week group sessions:

The first R5,000.00 to be paid either by EFT, cash or card when booking the course (payable before attending your first group session) The second R5,000.00 to be paid before the start of the Interpersonal Effectiveness module (before the fifth session).

Therefore, the sum total of the course to you will be paying is **R11,645.00**, inclusive of the individual assessment session.

You are liable for the full amount of the DBT course whether you attend the full course or not. This is because the DBT course is not dependent on attendance of the course but rather the purchase of the DBT course material in whole inclusive of the sessions. Of course, non- attendance to a session is regarded as a lack of commitment to behavioural change, and may be discussed with the course facilitator.

Payments are to be made to:

Name of bank	ABSA BANK
Account name	CAPE TOWN PSYCHOLOGISTS (PTY) LTD
ABSA account number	4110914727
Account type	Current
Branch code	632005

Please use reference "Name Surname" when making an electronic payment.

Feel free to contact us at 021 286 9310, or capetownpsychologists@gmail.com, should you have any questions with regards to the payments or appointments of the DBT course.

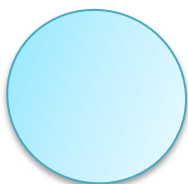
Kind regards,



Daniel Rabinowitz
COURSE COORDINATOR

Cell: 082 685 4666

Email: danielpsychologist@gmail.com



DBT Course Outline

<u>Session Number</u>	<u>Length</u>	<u>Description</u>
Commitment Session	1 hour	Individual Counselling
Session 1	2 hours	What is DBT? Validation and Diary Card Mindfulness 1
Session 2	2 hours	Change Emotion Regulation 1
Session 3	2 hours	Change Emotion Regulation 2
Session 4	2 hours	Change Emotion Regulation 3
Session 5	2 hours	Change Emotion Regulation 4
Session 6	2 hours	Acceptance Mindfulness 2
Session 7	2 hours	Change Interpersonal Effectiveness 1
Session 8	2 hours	Change Interpersonal Effectiveness 2
Session 9	2 hours	Change Interpersonal Effectiveness 3 Dialectics in-depth
Session 10	2 hours	Change Interpersonal Effectiveness 4 Role-Plays

Session 11	2 hours	Acceptance Mindfulness 3
Session 12	2 hours	Acceptance Distress Tolerance 1
Session 13	2 hours	Acceptance Distress Tolerance 2
Session 14	2 hours	Acceptance Distress Tolerance 3
Session 15	2 hours	Acceptance Distress Tolerance 4
Session 16	2 hours	Acceptance Mindfulness 4 Interpersonal Effectiveness Contingencies Dialectics Revision Closure

You may wish to repeat the DBT course of 16 sessions as you continue to build a life worth living.

In our experience, repeating the course helps an individual to solidify the DBT concepts and to reinforce skills learning.

