

# MIND HUB

## COURSES & PROGRAMS

### DIALECTICAL BEHAVIOUR THERAPY (DBT)

Mind Hub City/Eastern Shore Clinic

Dialectical Behaviour Therapy (DBT) is an evidence based group program designed to assist people struggling with overwhelming emotions.

#### *Program provides:*

- Techniques on learning to cope with overwhelming situations.
- Strategies for understanding and responding to emotions
- Tools on navigating relationships successfully.
- A Cognitive-Behavioural technique combined with Mindfulness, and teaches new skills in three ways; group skills training sessions, at home practice tasks, and weekly individual therapy sessions.

#### *Program details:*

Location:	City Clinic, Level 1/175 Collins St, Hobart Eastern Shore Clinic, 31 Chipmans Rd, Rokeby
Days and times:	Tuesdays 10.00 am -1.00pm (Mind Hub City) Wednesdays 10.00am – 2.00pm (Eastern Shore Clinic) Thursdays 10.00am – 2.00pm (Eastern Shore Clinic)

DBT runs in three modules across the year. Distress Tolerance, Emotional Regulation and Interpersonal Effectiveness. It is recommended participants complete all modules. Dates of module terms available from The Hobart Clinic.

#### *How to join:*

This program can be joined only on recommendation from your Psychiatrist at the beginning of a module.. An assessment is completed before joining the program to ensure suitability. More information can be provided by program staff.

#### *How much does it cost?*

Costs are usually covered by your private health fund. In some circumstances, you may incur an out-of-pocket expense. Administration staff can review your private health arrangement and inform you if this is the case.

For registration and further information please call 6247 9960 or  
email: [info@thehobartclinic.com.au](mailto:info@thehobartclinic.com.au)

**GP referral and private health insurance is required.**

EASTERN SHORE  
31 Chipmans Road  
Rokeby TAS 7019

CITY  
Level 1/175 Collins St  
Hobart TAS 7000

T 03 6247 9960 | F 03 6247 6439

E [admissions@thehobartclinic.com.au](mailto:admissions@thehobartclinic.com.au)

[www.thehobartclinic.com.au](http://www.thehobartclinic.com.au)

MIND  
HUB  
COURSES & PROGRAMS



THE  
HOBART  
CLINIC