



THE  
HOBART  
CLINIC

*Excellence in Mental Health*

# Dialectical Behaviour Therapy (DBT)

**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 for navigating relationships successfully
- The opportunity to learn practical skills which combine cognitive-behavioural and mindfulness techniques. These are learned through group sessions and at home practise tasks. DBT group members are expected to have regular individual therapy to support this learning

DBT involves three 9 week modules.  
It can only be joined at the beginning of a module.

## Program details:

**Where:** Eastern Shore Clinic  
31 Chipmans Road, Rokeby  
& City Clinic  
Level 1/175 Collins St

**When:** Tuesday  
10.00am – 1.00pm (City Clinic)

Wednesday  
9.30am – 12.30pm  
(City Clinic)

Thursday  
9.30am – 12.30pm  
(Eastern Shore Clinic)

## 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.

## How to join:

If you are interested in attending, please discuss this with your treating doctor who can provide a referral. More information can be provided by the MindHub staff.

**For registration and further information contact call 6247 9960 or [info@thehobartclinic.com.au](mailto:info@thehobartclinic.com.au) GP referral and private health insurance is required.**

**City:** Level 1, 175 Collins St, Hobart TAS 7000  
**Eastern Shore:** 31 Chipmans Rd, Rokeby TAS 7019  
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