

From Chaos to Clarity in 4 Steps

TEMHCO



Top End Mental Health
Consumers Organisation

DBT Group Skill Training

Commencing March 2024

Mindfulness

(being aware of the present moment without judgment)

Emotion regulation

(understanding and reducing vulnerability to emotions, changing unwanted emotions)

Distress tolerance

(getting through crisis situations without making things worse and accepting reality as it is)

Interpersonal effectiveness

(getting interpersonal objectives met, maintaining relationships, and increasing self-respect in relationships)

- Have you noticed patterns of conflict arising in your personal relationships or at work?
- Do you seem to butt heads with others easily? Are arguments often intense or unproductive?
- Are you in charge of your emotions, or do they run away with you?
- Have you noticed that little stresses seem to send you into a tailspin?

Dialectical Behavioural Therapy (DBT) aims to help you cope with everyday and extraordinary challenges by developing specific skills. Anyone can use these skills for any type of challenge!

For more information or to reserve your place in our group skills training course please email:

programs@temhco.com.au

or call 0429 082 781