

FOOTPRINTS—DBT SKILLS GROUP

DISTRESS TOLERANCE



Starting Date: To Be Confirmed



Time: To Be Confirmed



Location: Taringa Headspace

5 Moorak St, Taringa, Brisbane
QLD 4068

What to expect from the group?

- This skills group is a 9 week group (including Induction), facilitated by two DBT trained facilitators
- We meet weekly for 2 hours
- The first 2 weeks, we explore Mindfulness skills. This helps us to increase our awareness in the present moment without judgment and attachment to the moment.
- The following weeks focus on Distress Tolerance skills and is designed to assist people to cope with distressing thoughts, emotions, impulses or urges to self harm.

What we expect from you ?

- Be ready and open to learn new skills
- Commitment for weekly homework
- Practice skills outside of the sessions and share experiences of the skill used
- Commitment to attend the group for 9 weeks

Facilitators

To Be Confirmed

Eligibility

- Living in North and South Brisbane Area
- Aged between 18 and 25
- Experience mental health challenges
- Currently linked with a Counsellor / Psychologist / Mental Health Clinician (We ask this as the group does not provide the individual counselling component of DBT and for participants to strengthen their skills practice).

Please contact your Headspace support person/
psychologist for more information and referral