



# Distress Tolerance Group

## A DBT-informed skills group for young people

### Please call with Expressions of Interest

**Who:** Young People aged 12-18 years who struggle with any or all of the following:

- ❖ Impulsive/disruptive behaviours
- ❖ Frequent mood swings
- ❖ Self-injurious and suicidal behaviors
- ❖ Depression and anxiety
- ❖ Family and peer conflict
- ❖ Anger outbursts
- ❖ Eating disordered behaviors
- ❖ Drug or alcohol abuse
- ❖ Poor coping skills

### What does the group involve?

- ❖ Parent/therapy partner\* and young person to attend assessment session with Dr Jasveen Kaur to determine suitability to the group
- ❖ Weekly sessions during school term time targeting:
  - Understanding, managing and regulating emotions
  - Tolerating distress and crises without making problems bigger
  - Increasing self-awareness, expanding one's ability to recognise alternative points of view and managing emotional situations
  - Increasing problem solving skills, learning validation and effectively managing differences of opinion with family members
- ❖ Parent/therapy partner sessions

**When:** During school terms on Thursday evening 6pm to 7pm during 2020

**Where:** [Eton Place, 2 Eton Street, TOOWONG 4066](#)

**Facilitators:** Dr Jasveen Kaur, Psychiatrist & Judy Lockhart, Speech Pathologist

**Rebates:** For more information on costs and rebates contact us.

To register or find out more, phone us on **3736 1268** or email us at [reception@etonplace.com.au](mailto:reception@etonplace.com.au). Places are limited.

Here is a link to find out more about DBT, Eton Place will offer a DBT-informed group. [What the heck is DBT clip](#)

\*therapy partner may be a parent, adult sibling/family member or support worker who will attend and support the young person to apply the skills at home and in the community