

# Learn to Cope with Your Emotions

## 10-Week DBT Emotion Regulation Group

Commences Saturday 21<sup>st</sup> October, 2017

### What:

10-week Dialectical Behaviour Therapy [DBT] informed group program teaching skills to cope with difficult or overwhelming emotions.

The group uses evidence based techniques to help people experience and regulate their emotions. Skills include Mindfulness meditation and there is an expectation that skills are practiced between sessions.

### Who:

People who are easily overwhelmed by their emotions, cope poorly with strong emotions or use maladaptive strategies to cope (i.e. alcohol, avoidance, drugs, self-harm)

### When:

Saturdays, 9:30- 11am

**Dates:** Oct 21<sup>st</sup>, 28<sup>th</sup>; Nov 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, Dec 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 10 tbc

### Where:

CBT Professionals Group Room Coomera  
Shop 1, 2 Fortune Street, Coomera QLD 4209

### Costs:

\$65 per group session. Group participants will be required to enter in to a 10 week Direct Debit contract and \$65 will be debited each week from your account.

### Rebates:

Rebates may be applicable under your private health insurance or a Mental Health Care Plan [MHCP] referral. Under a MHCP referral, you will receive \$31.65 back at each session you attend, making the out-of-pocket expense for each group session \$33.35.

### Group Facilitator and Contact Details:

In her previous work in Ireland, Tracy Butterworth, clinical psychologist, worked for over five years' co-ordinating, facilitating and evaluating program effectiveness of DBT groups. She is a highly skilled therapist and program co-ordinator in this area.

[t.butterworth@cbtprofessionals.com.au](mailto:t.butterworth@cbtprofessionals.com.au) or 07 5551 0251 for more information.

A **Free Information Session** is being held on Saturday 14<sup>th</sup> October at 9am. If you are interested in attending the group and would like to hear more information about the group, please come along and have your questions answered. This is at our Coomera clinic, Shop 1, 2 Fortune St, Coomera.

**To make a booking, please phone our clinic number 5551 0251**

