

What is Borderline Personality Disorder?

Borderline Personality Disorder (BPD) usually begins to become apparent in adolescence or young adulthood. The development of the disorder may be influenced by many factors, including biological and environmental factors.

Individuals with BPD are likely to have pervasive difficulties across most areas of their lives. Specifically, individuals with Borderline Personality Disorder report difficulties managing emotions, thinking rationally about situations, and behaving consistently in a manner that is planned, appropriate for the situation and in which negative consequences are minimised.

Individuals with BPD are likely to over-personalise situations, see things in “all or nothing” terms and act impulsively. Impulsive behaviour may include various forms of self-harming that is usually associated with deficiencies in coping with stressful situations.

Overall these consequences of not being able to manage emotions affects an individuals ability to maintain meaningful relationships.



The DBT Team

Tina Cicolini—DBT Program Co-ordinator. Clinical Psychologist providing assessment and treatment of adults with Depression, Anxiety, Adjustment to Health issues, Addiction, Impulse control issues and Borderline Personality Disorder. Tina has specialist training in CBT, DBT and ACT. Tina provides therapy, training and community consultation and supervision in DBT. To be eligible for rebates from Medicare a Mental Health Care Plan is required.

Shelly Read- Clinical Psychologist who has been working with children, adolescents and families since 2000. Shelly has specialist training in the field of eating disorders and has worked across two difference eating disorder programs; providing assessment and treatment to clients of all ages and their families. She is trained in DBT, Enhanced CBT (CBT-E) and Maudsley Family Based Treatment (FBT). To be eligible for rebates from Medicare a Mental Health Care Plan is required.

DBT Program



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What is DBT?

Dialectical behavioural therapy (DBT) is a psychological treatment developed by Prof. Marsha M. Linehan, a psychology researcher at the University of Washington, to treat persons with Borderline Personality Disorder (BPD). DBT combines standard cognitive-behavioural techniques for emotion regulation and reality testing with concepts of mindful awareness, distress tolerance, and acceptance strategies largely derived from meditative practice.

DBT has been demonstrated through clinical research to be effective in treating BPD. Research indicates that DBT is also effective in treating patients with varied symptoms and behaviours associated with impulse control including self-injury and binge eating.

DBT includes the following key elements:

behavioural approach, finding middle ground, cognitive therapy and DBT's central component, mindfulness.

The DBT program provided at Lakeside Rooms is the first comprehensive DBT program offered in private practice on the Gold Coast.



Why do I need Individual & Group?

The DBT Program involves two components:

1. Individual therapy in which the therapist and client discuss issues that come up during the week, recorded on diary cards and follow a treatment target hierarchy. Self-injurious and suicidal behaviours take first priority, followed by therapy interfering behaviours. Quality of life and working towards improving one's life generally becomes the focus of therapy. During individual therapy, the therapist and client work towards improving DBT skill use. Often, skills group is discussed and obstacles to acting skilfully are addressed.



2. The DBT skills group meets once weekly for two hours. DBT skills are learnt across four modules: core mindfulness, interpersonal effectiveness, emotion regulation and distress tolerance.

Neither component is provided as a stand alone treatment. Doing DBT requires initial engagement in individual therapy to prepare for inclusion in skills group. The individual component provides space to work on suicidal urges and dysregulated emotions. The group sessions teach the skills unique to DBT, and also provide practice with regulating emotions and behaviour in a social context.

Entry to the Program

A GP or Psychiatrist referral is required to any member of our DBT team. For detailed referral information please see over for details. Once you have your referral contact the Lakeside Rooms to book an individual consultation with a DBT team therapist.

Initially you will commence in individual therapy with one of our DBT team members to work through the individual component of the program. Your DBT team member will then advise a suitable interval to join our skills group component of the program.

The group "Riding Emotion Waves" runs year round and intake is held at approximately 6 –8 week intervals.

