

Dialectical Behaviour Therapy

DBT is a structured therapeutic treatment based from Zen Mindfulness practice that was developed by Marsha Linehan. The emphasis is on the balance between acceptance and change. The outcomes of this class will provide DBT clients with tools to recognize and increase awareness of thoughts, feelings, and body sensations. These skills strengthen attention to the present moment in order to respond with healthy strategies to maintain control, cultivate living life from a place of "balance", gain interpersonal skills to improve relationships, and begin building a life worth living.



DBT Admissions

The first step in entering the DBT Outpatient Skills Group Programme is to attend an intake appointment. Please feel free to contact our office to schedule a DBT intake, or for more information regarding the DBT programme.



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**Dialectical Behaviour Therapy
Outpatient Skills Group
Programme**

Dialectical Behaviour Therapy

Our DBT Outpatient Skills Group Programme will provide a validating and safe environment to learn coping skills for living more effectively. Skills will be conducted in an interactive and psychoeducational format and will cover modules in Mindfulness and Distress Tolerance. The programme is facilitated over a period of 12 weeks with an hour and a half session once per week. The group is a closed group once formed and the size ranges from 5-8 group members.



The Mindwize Clinic DBT Programme



Our DBT programme serves adults over 18 years of age with a history of but not limited to:

- Emotional instability
- Intense, unstable relationships
- Impulsive behaviours including suicidal and self injurious behaviour
- Depression/low self-esteem
- Anxiety/excessive worry
- Eating concerns
- History of trauma
- Borderline Personality Disorder

Our DBT programme incorporates 2 Skill Modules:

- Core Mindfulness: clients will learn to stay in the moment, observe life around oneself, and use the Balanced Mind to do what is effective at any given time, with full and effective participation.
- Distress Tolerance: clients will be facilitated through the journey in developing skills to soothe and increase one's ability to tolerate distress effectively, while recognizing that pain is an inevitable part of life.