DBTeen

DBTeen is a dialectical behaviour therapy (DBT) informed program delivered in a Primary Care environment, offering skills training for young people aged 14-18 experiencing some or all of the following:

- Difficulties with frequent and intense emotional and mood states
- Problem behaviours such as self-injury, suicidal behaviour, substance misuse, school avoidance, disturbed eating and risky sexual behaviour
- Interpersonal difficulties which can result in frequent intense conflict with family and peers
- Feelings of emptiness and identity confusion

The program is delivered in multifamily groups whereby carers develop the same skills alongside their teens and support them to embed the skills in their day to day lives. The program is as much for carers as the young person.

DBTeen is a WA Primary Health Alliance funded trial program delivered by Lifeline WA in the Primary Care environment. It is based on Rathus' and Miller's DBT for Adolescents (2015). The DBTeen program is comprised of 12 weekly, 3-hour multifamily group skills sessions. They are class-like in format with handouts, hands-on activities and practice homework. Participants are not expected to share sensitive personal information in groups. Inter-session phone coaching will be available to help embed the practice of DBT skills into the home, school, work and community life settings.

WANT TO KNOW MORE?

For more information or to request a referral form please contact:

DBTeen Program Coordinator
Phone: (08) 9261 4436
Email: dbteen@lifelinewa.org.au

Northbridge
7 Aberdeen Street, Northbridge WA 6000

Web: www.lifelinewa.org.au
Phone: (08) 9261 4444
Email: reception@lifelinewa.org.au

Postal Address
GPO Box K765, Perth WA 6842

For crisis support

Call 13 11 14
If your life is in immediate danger, call 000.

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Lifeline WA

WA Primary Health Alliance
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PERTH NORTH, PERTH SOUTH, COUNTRY WA
An Australian Government Initiative

DBTeen

Mental wellbeing skills groups for young people and families

Lifeline WA

What is Dialectical Behaviour Therapy (DBT)?

DBT is a psychotherapeutic approach to treating people who experience difficulty managing their emotions and resulting behaviours. It was originally developed by Dr Marsha Linehan in the 1980s who integrated the science of change of cognitive behaviour therapy (CBT) with the art of acceptance, therein creating the central dialectic of DBT – acceptance AND change. This proved to be a more effective treatment in that the participants experienced validation as they worked to develop their emotional and behavioural regulation skills. DBT has a solid evidence base.

DBT has been adapted to working with adolescents, making it directly responsive to their developmental needs and the needs of their carers. In a supportive and validating environment, young people and their carers learn skills to improve emotional and behavioural regulation, thereby reducing the need for less effective and potentially harmful behaviour. Adolescent DBT has a strong and growing evidence base. Studies are showing that one of the most important components of DBT is group skills training.

Five DBT skillsets are learnt throughout the program:

1. **Mindfulness skills** help teens and their families to develop awareness of what is happening inside and around them in the present moment without having to react. It helps to reduce the judgemental thoughts about oneself and others that lead to emotional pain and interpersonal stress.
2. **Distress tolerance skills** help participants to cope with distressing situations and painful emotions without engaging in impulsive, or self-destructive behaviours such as aggression, substance misuse and self-injury. Acceptance skills are also taught which help reduce distress over the longer term.
3. **Walking the Middle Path skills** target common dilemmas faced by families affected by emotion dysregulation. Participants learn more balanced ways of thinking and behaving, thereby minimising extreme and rigid patterns that contribute to interpersonal stress.
4. **Emotion regulation skills** help participants to develop awareness of their emotional experience, reduce the frequency and intensity of painful emotions, increase the experience of “wanted” emotions and reduce emotional vulnerability.
5. **Interpersonal effectiveness skills** help teens and their carers to communicate in such a way that needs and wants are better met, relationships are enhanced and self-respect is improved within their relationships.

Who is eligible?

Young people aged 14-18 who are experiencing difficulties managing their emotions and behaviours are eligible for this program as long as:

- They are motivated to learn skills with which to improve emotional and behavioural regulation
- They can commit to attend for the entire program
- They have a carer who can commit to attend for entire program
- They are registered with a GP
- Young person agrees to questionnaires for data collection

Exclusion criteria

- Young people who are already being treated in tertiary psychiatric/mental health services.
- Young people who experience severe learning and/or language barriers
- Young people experiencing acute psychosis
- Carers with severe untreated emotional dysregulation or intrafamilial factors that prevent constructive participation in a multifamily group