



Radically Open Dialectical Behavioural Therapy: Information for participants

BodyMatters and Treat Yourself Well are pleased to be offering online Radically Open Dialectical Behavioural Therapy (RO-DBT) classes from October 2020.

What is RO-DBT

RO-DBT is an evidence-based treatment for clients who identify with emotional over-control. 'Self-control' is usually seen as a good thing, however excessive self-control can cause difficulties. Excessive self-control is associated with social isolation and poor interpersonal relations and it contributes to conditions like anorexia nervosa, obsessive-compulsive personality disorder, chronic depression and autistic spectrum disorders.

We are social beings and we know that three core components of emotional well-being are:

1. Openness to feedback, even when this is challenging;
2. Flexibility in our responses, to ever changing demands;
3. Communication of our emotions, recognising that expressing emotion is crucial when forming close interpersonal bonds.

RO-DBT treatment strategies aim to build:

1. Flexible responding to the demands of the moment;
2. Emphasis on the importance of authentic emotional expression to build positive interpersonal relationships;
3. Self enquiry into our usual responses;
4. Ability to manage unexpected or challenging feedback.

What does RO-DBT treatment look like?

The duration of the therapy is thirty weeks. The RO-DBT treatment typically involves a 1-hour weekly individual session and a 2.5-hour weekly group "class". This has been modified in our offering to be a 1.5-hour weekly group "class". We require our class participants undertake individual therapy in addition to this. Ideally this will be with an individual therapist who offers RO-DBT.

Does RO-DBt treatment work?

The evidence base for RO DBT is robust and growing. It has been shown to be highly effective in treating chronic forms of depression, eating disorders, and anxiety.

Is RO-DBT for you?

Are you the sort of person who is some of the following: dutiful, avoids risk and novelty, plans ahead, struggles to really connect with others, follow rules, feels unappreciated, struggles to relax and be playful?

Would you like help to learn how to be more:

1. Receptive and Open
2. Flexible
3. Socially Connected

If so, RO-DBT could be really helpful for you.

Are you interested in finding out more?

Express your interest at <https://bodymatters.com.au/ro-dbt/>