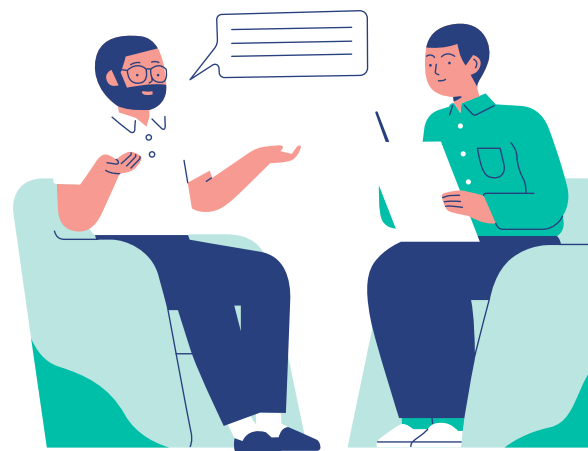


RO-DBT FOR ADULTS

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

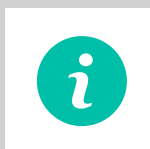


WHAT IS RO-DBT?



Radically Open Dialectical Behaviour Therapy (RO-DBT) is an evidence-based treatment for patients with emotional over-control. 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 Autism Spectrum.

ASSESSMENT PROCESS



A series of two, 1.5hr assessments are required prior to the commencement of our online group skills classes. The assessment process is \$275. These two assessments determine suitability for the program. In particular, it will examine a person's tendency to be over-controlled vs under-controlled.

COURSE OUTLINE



During the skills classes, you will be joining with up to nine other members, via a Zoom session, each week to engage in a group oriented education process to develop new skills, tailored to support you. Each class will be run by two facilitators and are weekly classes for a period of 8 weeks. Our next course is starting soon!

RO-DBT Skills Classes

WHEN: Tuesdays 6.30pm - 8pm

PRICE: \$800 (2x \$400 installments)

NEW INTAKE COMMENCING SOON!

For more information, please contact

Treat Yourself Well Sydney at (02) 9555 4810 or email info@treatyourselfwell.com.au

or BodyMatters Australasia at (02) 9908 3833 or email info@bodymatters.com.au

*Please note that rebates are not available for this service

