



Radically Open-DBT: WHAT TO EXPECT

You are considering taking part in Radically Open Dialectical Behaviour Therapy (RO-DBT), as it sounds like a skills programme that suits your personality and may be beneficial. As such, you may have some questions surrounding the next step in the treatment process and what you may expect...

THE ASSESSMENT PROCESS:

Sounds daunting and serious, but we can assure you that there are no right or wrong answers in our assessment process. The aim of the assessment is to accurately review your suitability for RO-DBT to ensure that you will derive the maximum benefits from the skills program and provide you with an opportunity to connect with the clinician and understand the RO-DBT journey. As such, a series of two, 1.5-hour individual, face-to-face sessions, at our practice rooms or via telehealth, are required prior to the commencement of the online group skills classes. The assessment process is \$275. During the assessment, your clinician will work in alliance with you, gathering information and asking you questions as a means of better understanding your current position and reason for seeking to join RO-DBT. Research has established that treatment benefits are maximised when clients are initially oriented and engaged with the clinician and are able to develop a strong therapeutic alliance.

If you are seeing an individual therapist who is not RO-DBT trained, we do suggest that we have a check-in individual session with you after your 4th and 8th lesson with your assessing psychologist to support you in your skills development in RO-DBT at a reduced fee of \$120 per session. We also obtain your consent to liaise with your individual therapist for us to provide updates on skills classes.

THE SKILLS CLASSES

Once you have completed the two individual assessment sessions with the clinician, you will be enrolled into one of our RO-DBT skills classes. These are 1.5 hours in duration and run once a week, for a block of eight weeks. Each class is \$100. Attendance in the skills classes is complemented with individual RO-DBT treatment sessions (see details below). During the skills lessons, you will be joining with up to nine other members, via a Zoom session, each week to engage in a group-orientated education process to learn and develop new skills. Each class will be run by two facilitators. You will receive a link to your class each week with the lesson handout for that week. Each week your facilitators will review the lesson and your practice of skills.

RO-DBT links neuroregulatory theory and the communicative functions of emotional expression to the formation of close social bonds. RO-DBT offers an opportunity to develop skills to work out when the characteristics of overcontrol are helpful and not so helpful, and to be able to be your authentic self, and fundamentally a life worth sharing.

We are social beings and we know that 3 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 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

Our RO-DBT program covers the entire content of the manualised RO-DBT Skills Manual in palatable, 8 week blocks.

INDIVIDUAL RO-DBT TREATMENT

The RO-DBT skills classes are a fantastic way of connecting with other individuals and learning from the rich experience of your facilitator. However, the group experience is just one part of the treatment puzzle. Complimenting the groups skills classes is the individual treatment component, that works alongside and in synergy with the groups skills process to ensure maximum benefits are derived from the RO-DBT protocol. As such, there are numerous over-controlled themes that will be explored during the groups skills training, that would benefit by individual treatment sessions to further explore these areas, in a private setting. Think of the group skills and the individual sessions as complementary processes, to practice and integrate strategies when you need them.

COMPLETION

At the end of the RO-DBT treatment protocol, you will be asked to complete a series of self-report questionnaires. These scales will allow us to quantitatively evaluate and assess your change in presentation from your baseline presentation you exhibited at the initial assessment and gauge how the program has helped you.

Treat Yourself Well Sydney and BodyMatters Australia look forward to welcoming you on board.