

# RO-DBT TEENS

BodyMatters and Treat Yourself Well are pleased to be offering online Radically Open Dialectical Behavioural Therapy (RO-DBT) skills classes for adolescents ages 14 - 18 years of age.



## WHAT IS RO-DBT?



Radically Open Dialectical Behaviour Therapy (RO-DBT) is an evidence-based treatment for individuals with excessive emotional over-control. Excessive self-control is associated with social isolation, loneliness and poor interpersonal relationships. RO-DBT can help you understand how your neuroregulatory system can be helpful and unhelpful with social connection. Taking a "bottom up" approach, you can learn how your neurosensory system works and skills that can help you find your tribe and be authentically you.

## ASSESSMENT PROCESS



Prior to the classes, a series of two, 1.5hr assessments required prior to the commencement of our online group skills classes. The assessment process is \$350. These 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 session 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:** Commencing 16 February from 4pm-5pm  
**PRICE:** \$650 (2x \$335 installments)

For more information, please contact

Treat Yourself Well Sydney at (02) 9555 4810 or email [info@treatyourselfwell.com.au](mailto:info@treatyourselfwell.com.au)  
or BodyMatters Australasia at (02) 9908 3833 or email [info@bodymatters.com.au](mailto:info@bodymatters.com.au)

\*Please note that rebates are not available for this service

