

RO-DBT

TEENS

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

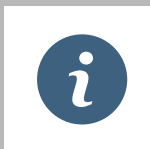


WHAT IS RO-DBT?



Radically Open Dialectical Behaviour Therapy (RO-DBT) is a relatively new 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



Prior to the classes, a series of two, 1.5hr individual zoom or face to face sessions are required prior to the commencement of our online group skills classes. The assessment process is \$275. These two sessions are assessments to determine suitability for the program. In particular, it will examine a person's tendency to be over-controlled vs under-controlled. Please note that rebates are not currently available. The price has been adjusted accordingly.

COURSE OUTLINE



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 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 30 weeks which you can start at anytime.

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

