

Group Dialectical Behavioural Therapy (DBT) Skills Program – Penrith

The Group DBT Skills Program is designed to support adults with **moderate to severe psychological distress**, with added complexity. The 20-week group program focuses on helping participants develop essential coping skills for managing emotions, actions, and thoughts effectively. The program is delivered face-to-face in Penrith CBD, and guides participants through learning four core DBT skills: distress tolerance, emotional regulation, mindfulness, and interpersonal effectiveness.

Who is eligible for the Group DBT Skills Program?

This program is available to people aged 18 years and over who reside in the Blue Mountains, Hawkesbury, Lithgow, and Penrith LGAs. It is designed for individuals experiencing moderate to severe psychological distress with complex needs. The program is intended for those who cannot have their needs met through Medicare-subsidised services or the NDIS.

Complex needs may include:

- trauma due to physical, sexual or emotional
- abuse or neglect
- a current diagnosis of borderline personality disorder
- severe issues with emotional regulation.

Referral

Complete the [referral form](#) and send directly to Western Sydney Psychologists via fax: 02 4721 0015 or via HealthLink ID: sydneycp.

More Information

Visit the [DBT website](#) for more information.

Who can benefit from this program?

- People who are unable to access the PTS extended program due to age or lack of health care card.
- People who experience any of the following:
 - self-harm
 - suicidal ideation
 - borderline personality disorder
 - impulsivity
 - emotional regulation difficulties
 - alcohol and other drug comorbidities or substance use disorders.
- **A healthcare or pension card is not required for this service.**