



Why DBT?

DBT (Dialectical Behavior Therapy) was developed by Marsha Linehan, Ph.D. DBT focuses on balancing logic with feelings to improve coping skills and reduce ineffective behavior.

The general goals of DBT include improving relationships, decreasing anxiety and misery, and enhancing the quality of life or “build a life worth living.”

Learning skills to build a life worth living.

DBT helps individuals find effective ways to manage problems. The group is both educational and interactive, while focusing on skills to be learned and developed over time. Members learn the value of “Wise Mind” instead of succumbing to intense emotions and acting in destructive ways.

DBT is not a “quick fix” and should be approached with willingness and a nonjudgmental stance. Members are often in different places regarding knowledge and application of skills, therefore it is important to not engage in negative comparisons while in the program.

It often takes many months to incorporate the skills into daily life with consistency, although changes (coping more effectively) can also be noted within just a few months. A minimum commitment of one year is requested.



DBT incorporates 4 skills modules

Core Mindfulness

Learning to stay in the moment, observe life around oneself, & use Wise Mind to do what is effective at any given time; full & effective participation.

Interpersonal Effectiveness

Improving coping skills, learning assertiveness, determining values and priorities in relationships, how to increase the likelihood that needs/ wants are met.

Emotion Regulation

Learning to regulate emotions, name feelings, reduce avoidance & discover a variety of other emotions through emotional growth.

Distress Tolerance

Developing new skills to soothe oneself & increase ability to tolerate distress effectively, while recognizing that stress/pain is an inevitable part of life.



Why Addiction Therapy?

There's no quick fix for addiction.

It's a commitment every day to staying sober and making choices that don't lead back to drugs or alcohol use.

Recovery is a lifelong process but with a commitment to change one day at a time, it can be achieved.

Learning skills to build a life worth living.

Some of the tools and techniques used in this group include;

- Identifying the pros and cons of problematic behaviours.
- Recognising triggers, beliefs, and consequences.
- Coping with cravings and urges
- Setting achievable goals
- Evaluating areas of importance
- Relapse prevention and plan

Individual sessions:

We also offer individual sessions for clients to assist with problematic behaviours / addictions;

- Motivational interviewing
- Implementing stages of change
- Harm minimisation strategies or working towards abstinence
- Relapse prevention and plan.



This group is based on 4-point program

1. Build and maintain motivation
2. Cope with urges
3. Learn problem solving techniques
4. Achieve lifestyle balance

Relapse Prevention Plan:

Relapse prevention and management is the main goal when trying to reduce or eliminate substance or alcohol use

There are some essential ingredients of relapse (lapse) prevention and management as follows:

Acknowledging that a lapse is a normal experience and should not be viewed negatively.

Strengthening the motivation to change throughout the change process.

Identifying high-risk situations

Developing coping strategies and skills to avoid high-risk situations.

Recognising and implementing changes to the environment and lifestyle

Problem-solving skills

Coping with cravings.



Our Service:

ZEPHENIAS HEALTHCARE is a specialist Recruitment Agency establishing a close link with hospitals, and community mental health Service Provider in providing healthcare professionals to safeguard patients' mental health and **well-being**.

We provide Nurses that are committed to providing quality, ethical and professional services.

Your Mental Health is our priority.

We provide a holistic focus that include (but are not limited to);

Mental Health Assessment & monitoring
Mental Health Care Plans
Risk Assessment & monitoring
Suicide prevention
Liaison and support for clients, family, carers and other professionals

Medication / depot administration and management (including managing compliance)
Psycho-education

Interventions such as:

- * Dialectical Behavioural Therapy
- * Addictions / Relapse Prevention Therapy
- * Motivational interviewing
- * Brief Solution Focused Therapy
- * Sleep hygiene

Liaison, networking, collaboration and managing referral to other services
Health promotion and coaching
Managing co-morbidities
Screening tools for mood disorders, anxiety, stress or dementia etc.



We provide Credentialed
Mental Health Nurses

Our Credentialed Mental Health Nurses are specialist nurses who have demonstrated meeting the Australian College of Mental Health Nurses' credentialing criteria in relation to

- registration
- education
- practice experience
- professional development, and
- professional integrity

We have the following staff;

- Credentialed Mental Health RNs
- Experienced RNs
- Experienced EENs
- Experienced AINs
- Mental Health Support workers

If you would like to obtain more information or assistance with staffing / contracts please contact us.