



Modules Covered in Skills Training Group include:

- Mindfulness
- Distress
Tolerance
- Emotion
Regulation
- Interpersonal
Effectiveness

The Open Arms DBT program is a 6 month comprehensive treatment program for those experiencing chronic and significant difficulties with regulating their emotions and/or tolerating distress. It can also be useful for those who experience difficulties in maintaining effective relationships with others.

The program encompasses weekly individual skill training with a trained DBT therapist and weekly group skills training with trained and experienced DBT skills group facilitators. Phone coaching and after hours support can also be accessed throughout the program by contacting our client assist service.

Our next program will run from January 2022 to June 2022

Open Arms Townsville (340 Ross River Road Cranbrook)

This program is at no cost to participants, however, participants must meet the eligibility criteria for Open Arms services (anyone who has served at least one day in the ADF, their partners and families) be over the age of 18 years of age, and agree to participate in a screening assessment with an Open Arms clinician to determine their readiness/suitability to commence in the program. Eligible participants are encouraged to self-refer.

For more information about the program, eligibility criteria, or to refer to the program contact Open Arms on **1800 011 046**.