

COMMENCING

16 October 2026

Adult · Fridays, 12–2pm

Adolescent · Fridays, 9–11am

FORMAT

10 weeks

Two hours weekly

Closed group of 6 to 8

WHERE

Macquarie Park

Suite 1.01/32 Delhi Road

Five minute walk from North

Ryde Metro

MBS ITEMS

ADULT

80024

\$70.05 rebate per attended session

ADOLESCENT

80127

\$47.95 rebate per attended session

Program fee \$3,500 for the 10 weeks.

PROGRAM DETAILS ONLINE

dbtgrouptherapy.com.au



OR CALL

02 7256 7070

INFORMATION FOR REFERRERS

DBT Skills Groups



A structured skills pathway for your patients.

Two 10-week, psychologist-led DBT skills training groups commencing 16 October 2026 at Macquarie Park, Sydney – one for adults, one for adolescents aged 12 to 17.



These are DBT skills training groups, not comprehensive DBT. Patients may continue existing individual therapy alongside the program.

FOUR SKILLS MODULES OVER TEN WEEKS

01 Mindfulness

Present-moment awareness and attentional control

02 Emotion regulation

Identifying, modulating and reducing vulnerability

03 Interpersonal effectiveness

Requests, refusal and maintaining relationships

04 Distress tolerance

Crisis survival without increasing longer-term risk

Refer or enquire

Suitability screening precedes every placement.
Patients may also register directly.

dbtgrouptherapy.com.au

May be appropriate for patients who

- experience intense, rapidly escalating emotions
- have difficulty returning to baseline after distress
- act impulsively with subsequent regret or harm
- have interpersonal difficulty linked to emotional reactivity
- use coping strategies that increase longer-term risk

A BPD diagnosis is not required.

PROGRAM SCOPE

Comprehensive DBT ordinarily also includes individual DBT therapy, phone coaching and a consultation team, none of which are included here. Sessions are skills teaching, discussion and practice; personal disclosure is minimal.

REFERRAL AND MEDICARE

An eligible referral for group psychological therapy is required to claim a rebate.

Items 80024 (adult) and 80127 (adolescent), depending on the delivering psychologist's registration category.

Counted separately from individual Better Access services; claims processed after each attended session.

Patients near the Extended Medicare Safety Net threshold may be eligible for a higher benefit.

CLINICAL PATHWAY

- 1 Referral or self-referral
- 2 Suitability screening – a brief individual appointment
- 3 Commencement – 16 October 2026

ADULT DBT SKILLS PROGRAM

AGES

18 and over

SESSIONS

Fridays, 12–2pm

PROGRAM LEAD

Jessica Rice
Clinical Psychologist & Clinical
Neuropsychologist

FACILITATOR

Brianna Garratt
Registered Psychologist

MBS ITEM

80024

REBATE

\$70.05 / session

ADOLESCENT DBT SKILLS PROGRAM

AGES

12 to 17 years

SESSIONS

Fridays, 9–11am

PROGRAM LEAD

Brianna Garratt
Registered Psychologist

FACILITATOR

Samantha Sofyan
Provisional Psychologist

MBS ITEM

80127

REBATE

\$47.95 / session

SPECIALIST INPUT

Dr Neil Jeyasingam, Psychiatrist & Medical Director, contributes to two of the ten sessions in each program.

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