

## Parents

Part of the philosophy of Dialectical Behaviour Therapy (DBT) is the need to not only skill up the child to cope better with life's challenges, but also to skill up the parent.

Individual sessions with a Psychologist can provide personal and direct support to parents in developing their skills to support their child.

Parent workshops are also regularly offered which is a great chance for parents to feel less alone and to learn from one another. The workshops can help parents deal more effectively with their child's challenging behaviour, help build resilience, and better deal with an anxious child or behaviour problems.

Dialectical Behaviour Therapy provides a unique perspective for developing parenting skills which will help parents better navigate the challenges of parenting.

## Psychological Assessment

Behavioural, Developmental, Cognitive, and Achievement testing can be conducted at the school, or at our two locations. They are based on the CHC Cross-Battery Method, which provides a thorough, comprehensive assessment. An assessment can be diagnostic and can help parents and teachers understand the child's profile of strengths and challenges to help guide educational planning, including identifying appropriate classroom and home adjustments. Psychological assessments are not covered by Medicare and are fee-based.

## Fees for Therapy

Our fees for students at school are at no cost (bulk-billed to Medicare).

Additional Medicare rebates and some Private Health Care Funds may offer rebates on psychological services. To claim a Medicare rebate, you must obtain a referral in the form of a Mental Health Care Plan (MHCP) from your GP, Psychiatrist, or Paediatrician. NDIS funding is accepted and other third-party funding.

Please contact us to discuss fees for your particular circumstances.

## Fees for Assessment

The number of assessment sessions required depends on the type of assessment being conducted and the needs of the individual completing the test. Rebates are only available for certain conditions. Please contact us to obtain a fixed price based on your individual needs.

Psychological assessment and reports are not covered by Medicare.

We also work alongside our sister services of the **Melbourne DBT Centre**, that provides specialist and general outpatient psychological services designed to work with Medicare funding, and the **Nunyarra Centre Officer**, a Private Mental Health Day Hospital, that provides world class intensive mental health treatment for a range of difficulties.

## DBT In Schools

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**DBT in Schools** is a unique mental health service that combines the best of Clinical and Educational Psychology services to children, adolescents, families, teachers, and schools. We support our schools with a comprehensive range of services, to achieve the best learning and mental health outcomes possible for their students. We work closely with schools to build their capacity to provide a climate that is safe and positive for students and families. We also provide in-clinic child, adolescent, and family services if required, at two convenient locations in Officer and Murrumbreena.

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## Individual Therapy

Psychologists can help young people to handle many challenges they may be facing. Difficult life situations that can affect all young people include:

- Emotional stress, such as depression and anxiety
- Grief and Sadness
- Bullying
- Sexuality and Gender issues
- Substance abuse
- Trauma
- Family breakdown or Parent problems
- Friendship and Relationship issues

Seeing a Psychologist is an opportunity for students to talk about their problems, ask questions, and develop critical life skills to cope with life's challenges.

Individual therapy sessions are usually 30- or 50-minute sessions. Student sessions in school are provided at no cost (bulk-billed to Medicare with a Mental Health Care Plan).

## Group Programs

DBT in Schools runs a range of life skills-based group programs in schools and at the Melbourne DBT Centre in Murrumbeena and Officer. Small Groups are a great way for young people to learn and practice important life skills.

DBT in Schools run a variety of programs:

- Social Skills Groups
- Dealing with Anxiety
- Emotion Regulation
- Mindfulness
- Attention Skill Training (includes a parent training component)
- Building Resilience

Groups are no cost, and bulk-billed to Medicare with a Mental Health Care Plan