

SELF-REFERRAL FORM

DBT Skills Groups

Mindfulness • Distress Tolerance • Emotion Regulation • Interpersonal Effectiveness

Date of Referral _____



Brisbane Harmony Centre
Psychologist for trauma and life's other challenges



PSYCHOLOGIST
DR SARAH SWANNELL

Ground Floor, 6 Broadway St Woolloongabba
www.brisbaneharmonycentre.com.au
www.sarahswannell.com.au

Important Note. This skills building program does not offer individual treatment support. If you are currently, or have recently, engaged in high risk and/or life-threatening behaviour, you may require more intensive and individual support than this program can provide.

If you have any doubt about whether these DBT skills groups are suitable for you, please contact us to discuss your suitability prior to completing this self-referral form.

Please Note. Completion of this self-referral form does not guarantee acceptance. Referrals are reviewed for suitability and followed by an assessment session, at which time a decision will be made.

Name: _____ DOB: _____

Gender: Male Female Other (please specify): _____

Phone No.: _____ Email: _____

- Please tick any and all behaviours you wish to decrease:
- | | |
|--|--|
| <input type="checkbox"/> Mindlessness | <input type="checkbox"/> Mood-dependent behaviours |
| <input type="checkbox"/> Emptiness | <input type="checkbox"/> Difficulties in regulating emotions |
| <input type="checkbox"/> Being out of touch with self and others | <input type="checkbox"/> Impulsive behaviours |
| <input type="checkbox"/> Judgementalness | <input type="checkbox"/> Acting without thinking |
| <input type="checkbox"/> Interpersonal conflict and stress | <input type="checkbox"/> Difficulties accepting reality as it is |
| <input type="checkbox"/> Loneliness | <input type="checkbox"/> Wilfulness |
| <input type="checkbox"/> Absence of flexibility | <input type="checkbox"/> Addiction |
| <input type="checkbox"/> Difficulties with change | <input type="checkbox"/> Self-harm |
| <input type="checkbox"/> Up-and-down emotions | <input type="checkbox"/> Not wanting to be alive |
| <input type="checkbox"/> Extreme emotions | |

We take your safety and the safety of other group members very seriously. Please tick each of the following to indicate your agreement:

- I agree to (1) establish an ongoing relationship with a medical doctor (GP or psychiatrist) for the duration of the program and (2) provide BHC with the contact details of this medical doctor.
- I consent to the skills trainers corresponding with my doctor (1) upon commencing the program (2) upon completion of each module, and (3) whenever the skills trainers become aware of any high risk behaviour that the skills trainers believe place me or someone else at risk of harm.
- I agree to provide mobile phone numbers for two emergency contacts and for skills trainers to contact both contacts if it is believed that I am at risk of harming myself or others.
- I understand that behaviours that endanger the safety or wellbeing of other group members, included but not limited to actual or threatened violence, bullying, intimidation, and harassment, will not be tolerated, and consequences of these behaviours may lead to exclusion from the program.
- I understand that completing this referral form does not guarantee a place in a DBT skills group. If I am not deemed suitable for the group at this time, I will be referred back to my medical doctor.

Key Program Details:

Coordinated and run by psychologist **Dr Sarah Swannell** (MClinPsych), Advanced DBT Clinician. Skills modules run **one at a time**, each for **8 consecutive weeks**, with orientation and mindfulness skills taught in the first 2 weeks. Weekly sessions are **2.5 hours** long and run by **two trainers (max 10 participants)**. Groups held **Wednesdays 10am to 12.30pm** (with a short break) at **Brisbane Harmony Centre** in Woolloongabba. Cost per week is \$150* *2021 figure

Please email completed referral to AskUs@brisbaneharmonycentre.com.au or fax to 07 3319 4682. For additional information see www.sarahswannell.com.au or call Brisbane Harmony Centre on 07 3148 6685

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