

DBT-A RANGATAHI SKILLS RETREAT DAYS 2025

Diane Gillespie (Psychologist), Katie O'Connor (Mindfulness Teacher)

A purchase order to Lead group provider Diane Gillespie psychologist PAG505 for: 8 x SCGT & 1x SCGTT 4

Email any questions and your purchase order to dallas@southcoastpsychology.co.nz



Do you have a young client struggling with trauma related emotional dysregulation, difficulty tolerating distress, having problems with dissociation and staying present, having difficulties in their relationships with others?

DBT-A is an evidence based approach to helping with faulty ways of thinking, internal chaos and navigating thorny relationships. A core dialectic in DBT A Skills is the balance between acceptance and change. DBT-A equips individuals with tools to embrace both acceptance and change, fostering resilience, emotional regulation and healthier decision-making. This group will help reduce over-all stress and boost wellbeing while allowing your clients to understand who they are and gain skills in a compassionate, supportive and encouraging environment.

WHAT DOES A DBT A SKILLS RETREAT GROUP LOOK LIKE?

This skills based experiential group is effective for adolescents who struggle with intense emotions, disruptive behaviours and challenging relationships. The series of DBT A Skills Retreat days are designed specifically for young people aged 12 to 16 who have experienced trauma symptoms and would benefit from emotion regulation, distress tolerance, interpersonal effectiveness and mindfulness skills.

Expected outcomes are skills in:

- increased resilience
- understanding, managing and regulating emotions
- tolerating distress and crises without making problems bigger
- maintaining satisfying relationships with others
- Increasing self-awareness
- expanding their ability to recognize alternative points of view
- managing emotional situations
- Increasing problem solving skills,
- learning validation and e
- effectively managing differences of opinion with family members and friends
- Support and connection from others who understand your journey

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Key Details:

Facilitators: Diane Gillespie (Psychologist), Katie O'Connor (Mindfulness Teacher)

Group Size: Up to 8 participants (12-16 years)

Location: 95 Turner Street, Edendale <https://maps.app.goo.gl/fje1sNFsLFXtsniN8>

Dates: Thursdays: 24 April, 22 May, 24 July, 14 August 4th September, 30 October (subject to change if there are insufficient numbers)

Each group retreat day runs from 10.00 a.m. – 2.00 p.m.

How to Apply

In your wellbeing plan or via your clients recovery partner please request:

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- 8 x SCGT
- 1x SCGTT 4
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More Information

WHAT TO EXPECT

The day will include:

*Mindfulness Skills Exercises to develop a mindfulness practice.

*Group Sharing: Review of workbook, app use and video/you tube clips found useful and how these skills have been applied at home, school and in their relationships

*Psycho education in area being focused on eg Emotional Regulation, Distress Tolerance, Interpersonal Effectiveness

*Teaching of a series of four skills in each area eg: PLEASE, ABC, Check the Facts, Opposite Action, and so forth

*Shared Meal Activity

WHO CAN JOIN?

Young people (12-16 years) who have experienced trauma and are seeking to make healthy changes in their lives. Participants must be able to attend DBT A Retreat Skills days and engage in group activities (if transport is required this must be requested from and by ACC. They must be in the Tailored Support to wellbeing stage (Either A or B) of their ACC engagement.

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WHO RUNS THIS PROGRAM?

Diane Gillespie

Di is a highly experienced psychologist who has been working therapeutically with youth one on one and in groups for over 20 years. She is a very experienced ACC sensitive claims provider and has been running groups for youth under ACC sensitive claims for the past 4 years. Alongside being a trauma specialist, Di is an intensively trained DBT therapist and part of the South Coast Psychology DBT team, who trained with Alan Fruzzetti. Di trained in child psychology and in working with children and youth and has a background of teaching youth life skills at the Southern Institute of Technology (SIT) and NCEA unit standards, as well as tutoring youth attending Te Kura alternative education programmes. She continues to have a number of children and youth on her caseload. Di was a children's representative on the DV Act programmes approval panel and was a psychologist working on the children's ACC sensitive claims evolution group, providing, with others, expert advice for the development of the SCS in relation to services for children and youth.

Katie O'Connor

Katie is a highly experienced counsellor with an undergraduate degree in psychology, training in Hakomi psychotherapy, and counselling. Katie is a comprehensively trained Dialectical Behavioural Therapy (DBT) therapist and part of the South Coast Psychology DBT consultation team, who trained with Alan Fruzzetti. She is experienced in facilitating DBT groups having facilitated two year-long ACC DBT groups, and ACT groups for South Coast Psychology. Katie has a background as a School Guidance Counsellor having worked with children and youth individually and run a number of different leadership and skills groups for this cohort, including mindfulness and DBT skills groups in the primary, intermediate and secondary school settings. Katie is a certified MBSR Teacher with over 25 years experience in teaching mindfulness to all age groups including children and teenagers.