



South Coast
PSYCHOLOGY

95 Turner Street, Edendale

DBT-A RANGITAHU SKILLS

RETREAT DAY 2026

DBT-A (Dialectical Behaviour Therapy for Adolescents) is an evidence-based approach to help young people improve emotional regulation, distress tolerance, interpersonal effectiveness, and mindfulness. This skills-based program fosters resilience, self-awareness, and healthier decision-making in a compassionate, supportive environment.



A TYPICAL DAY INCLUDES:

- Mindfulness exercises
- Psychoeducation (e.g emotional regulation, distress tolerance)
- Group discussion and skill review
- Teaching of DBT-A skills per session
- Shared meal activity

Target Audience:

Young people aged 12-16 who have experienced trauma and are engaged with ACC (Tailored Support to Wellbeing stage A or B).

DAY:

Saturday 10am-2pm

DATE:

14th March 2026

Facilitators:

Diane Gillespie (Psychologist)
Katie O'Connor (DBT Therapist)



PROGRAM OVERVIEW

DBT-A Skills Retreat Days are designed for young people aged 12-16 who have experienced trauma and are looking for tools to manage their emotions and relationships

PARTICIPANTS WILL:

- Build distress tolerance skills
- Enhance mindfulness practices
- Improve interpersonal effectiveness
- Learn emotional regulation techniques

EXPECTED OUTCOMES:

- Increased resilience and better emotional management
- Ability to tolerate distress without escalation
- Stronger, healthier relationships
- Greater self-awareness and emotional clarity
- Enhanced problem-solving and decision-making skills
- Learning validation and managing differences with others
- Connection with peers who understand their journey

KEY DETAILS

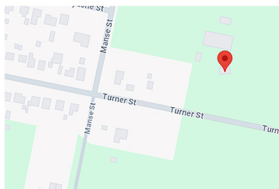
Duration: 6 hours

Format: In person

Facilitators: Di Gillispie (Psychologist)
Katie O'Connor (Counsellor)

Group Size: 6 to 8 participants (12-16 years)

Location: 95 Turner St, Edendale



[Click map for Google maps link](#)

HOW TO REGISTER

To book your spot please contact jemma@southcoastpsychology.co.nz and provide your purchase orders for service codes SCGT4 x 8 and SCGTT x 1.