



DBT Solutions

At The Psychological Health Centre

Payment Information & Agreement

The DBT Solutions comprehensive program for adults is a 20-week program with the option to repeat one time. Assessment and pre-treatment sessions are required prior to beginning the program and are billed separately

Payment Options

The comprehensive program includes weekly individual sessions (60 minutes), group skills training sessions (2.5 hours) and between-session skills coaching.

Payment per Module

- Emotion Regulation (8 weeks) **\$3,600.00**
- Distress Tolerance (6 weeks) **\$2,700.00**
- Interpersonal Effectiveness (6 weeks) **\$2,700.00**

Payment per Program

\$8550

Refunds do not apply after the start of the module

Refunds do not apply to missed individual or group sessions

Assessment and pre-treatment sessions (required) are not part of the program and a fee of \$260/ session is payable on the day of the appointment

Medicare and Private Health Fund Information

You do not require a referral to attend the DBT Solutions program however you will require GP referral letter and Mental Health Care Plan in order to claim a rebate.

You may be eligible for a Medicare rebate on up to 10 individual sessions and 10 group sessions per calendar year on a Mental Health Care Plan and with a referral letter from your GP.

If you have private health insurance that includes psychology/occupational therapy cover you may be eligible for a rebate on some sessions. You may only claim from Medicare or private health funds for a session not both.