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DR JO GEE PSYCHOTHERAPY

DIALECTICAL BEHAVIOUR THERAPY (DBT)



DR JO GEE



WELCOME

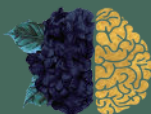
DBT is a therapy designed to help you change patterns of behaviour, such as self-harm, suicidal thinking and substance abuse. The approach works towards helping you increase your emotional and cognitive regulation by learning about the triggers that lead to reactive states.

It also helps you assess which coping skills you should apply in the sequence of events, thoughts, feelings and behaviours that lead to undesired behaviour. It is often particularly helpful for the diagnosis of BPD.

DBT is the gold standard treatment for people with a diagnosis of Borderline Personality Disorder (BPD) and Emotionally Unstable Personality Disorder (EUPD).

DBT is also useful for people struggling with emotional regulation or who are exhibiting self-destructive behaviours such as substance abuse, binge eating and more.

The people who we treat within our service experience immense changes to their life by treatment end, which at treatment start, they are unable to envisage. Yet in order to get there, the specific treatment model is required.





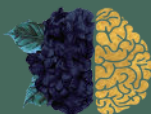
WHAT IS DBT?

DBT is a cognitive behavioural therapy created specifically for BPD by Marsha Linehan. It draws on the idea of the dialectic, which is the study or inquiry into opposites. The strategies support both therapist and patient to synthesise views and become unstuck from the extremes that are inherent to BPD.

Goals are vital in DBT treatment planning to ensure the symptoms are targeted. The behavioural aspect involves targeting behaviours by teaching clients the skills they need to solve problems and reach their goals.

However, it's important to note that in helping clients develop a life they see as worth living, the therapist needs to help them strive for the goals they themselves define.

Even the core assumptions of DBT support the work, by helping the therapist view clients in the best light. The therapist needs to maintain compassion for the client and their difficulties in emotional regulation, whilst also understanding it's the client's role to solve their problems in the now, even if they weren't the original cause of their suffering.





ONLINE DBT

Full DBT Programme

The full programme involves both the DBT Skills group training element and weekly individual sessions. It can also involve skills coaching between sessions subject to need. The full programme is the most effective and quickest route to making changes in your life, and reaching your therapy goals.

DBT Skills Group

The DBT skills groups run online and run more like a class. The DBT therapists teach you DBT skills from the Linehan skills training manual.

We cover a number of key modules including mindfulness skills, distress tolerance, emotional regulation and interpersonal skills.

DBT Individual Sessions

We offer DBT individual sessions online and in our Surrey clinic. Individual therapy involves weekly one-to-one 50 minute sessions.

**Not able to do the full programme?
Speak to us about doing the groups
or one-to-one sessions separately.**





FEES

DBT includes different modes of treatment. The full DBT programme includes individual skills group, individual sessions and skills coaching.

DBT Skills Groups

£100 per group

Health insurance is accepted.

DBT Individual Sessions

£120 per 50 minute session

Sessions take place via Zoom and are £120 for a 50 minute session

Full Programme

From £200 per week

Please contact us directly for a bespoke quote. Health insurance is accepted.



DR JO GEE

UKCP Reg; MBACP (Accred);
Registered Manager

Dr Gee is the Clinical Director and leads her experienced therapy team. She is a senior Clinical Psychotherapist, with 15 years experience delivering psychotherapeutic treatment and developing NHS and private therapeutic services in the UK.

An expert in women's mental health, she has a specialist interest in the treatment of emotional difficulties, perinatal mental health and personality disorders in women and adolescents.

Dr Gee leads her team in the use of evidence-based treatments, ensuring interventions are in line with NICE guidelines and support current research.

Jo carefully curated her team over many years. She is passionate about offering expert guidance and scientifically-backed treatments to bring about long term change.

Find out more about Jo and her team below.





THERAPY TEAM



JO SOLEAU
DBT AND CBT THERAPIST

Jo specialises in treating anxiety, depression and personality disorders using evidence-based treatments. Jo co-runs DBT group provision at Dr Jo Gee's practice.



EMMA JACKSON
DBT LEAD

Emma is our Team Lead, a DBT therapist and psychological therapist in Guildford working with a range of clients, including postnatal issues, BPD, childhood trauma, anxiety and depression.



KENDRA BLAKE
EATING DISORDER EXPERT

Kendra is a qualified therapist from the University of Cape Town, and has spent a number of years working therapeutically with eating disorders, addiction and general psychiatry.





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CALL

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