

# RO-DBT Therapist Training Pathway Available in Australia 2026-2027

In-person Level 3 workshop (3.5-Days) 15 – 18 March 2027, Live in Melbourne

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## What is Radically Open DBT (RO-DBT)

Radically Open Dialectical Behaviour Therapy (RO DBT) is a transdiagnostic treatment for disorders characterised by *overcontrol* (OC). Overcontrol has been linked to social isolation, aloof interpersonal functioning, maladaptive perfectionism, and constricted emotional expressions. RO DBT is intended for treating such chronic problems as refractory depression, anorexia nervosa and obsessive-compulsive personality disorder.

RO DBT is fully manualized (Lynch, 2018a; 2018b) and the feasibility, acceptability, and efficacy are evidence-based, supported by more than twenty-five years of clinical translational research. RO DBT treatment involves both individual treatment sessions and skills training classes and clinically targets five OC themes: inhibited and disingenuous emotional expression; hyper-detailed focused and overly cautious behaviour; rigid and rule-governed behaviour; aloof and distant style of relating; and high social comparison and envy/bitterness.

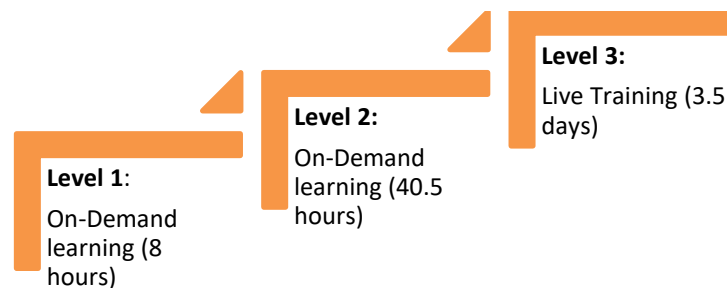
For more information on Radically Open DBT:

[What is RO DBT and who is it for? | Radically Open](#)

[Information about the learning objectives and workshop schedule.](#)

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## Pathway to Becoming an RO-DBT Practitioner:



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## In-Person Level 3 RO-DBT training in Melbourne, Australia

The goal of this **in-person workshop** is to consolidate learning from RO-DBT training levels 1 and 2, to deepen your knowledge and to practice, practice, practice! The workshop will be very interactive via practical exercises and role-plays so full audience participation is expected.

**You must have completed RO-DBT Levels 1 and 2 before attending this workshop.** It is recommended that you leave **at least 8 months** to complete Levels 1 and 2. If you have not yet completed Level 2 at the time of registration you can still register, as long as you complete Level 2 by March 1, 2027.

Please see [RO DBT Therapist Training](#) for training package information and booking.

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## Target Audience

Mental health clinicians (e.g. psychology, psychiatry, social work, mental health nursing, dietitian) working with adults or adolescents.

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## RO-DBT Training Prices

Course or Package Deal	Standard Price	25% discount deal for Vic clinicians
Package Deal for <b>Levels 1-3</b> (with Levels 1 and 2 on-demand, and Level 3 in-person in Melbourne) *For those who are new to RO DBT	\$2,995.00	\$ 2,246.30
Package Deal for <b>Levels 2 &amp; 3</b> (with Level 2 on-demand, and Level 3 in-person in Melbourne) *For those who are already enrolled in, or have completed Level 1)	\$2,745.00	\$ 2,058.80
<b>Level 3</b> only (in-person, 3.5 days) *For those who are already enrolled in, or have completed Levels 1 and 2	\$1,589.00	\$ 1,191.80

\*All prices in Australian Dollars (excludes GST)

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## Offer for Victorian Mental Health Clinicians

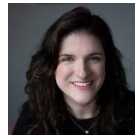
CEED have secured a special discount of **25% discount** on registration costs for Victorian-Based mental health professionals. This includes all package deals as well as individual courses. There is a limit to the discounted places, and they will be offered on a first come, first served basis. Any interested clinicians are encouraged to get in touch with [CEED](#) to receive a discount code to book the training.

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## Presenters



**Dr Sophie Rushbrook**  
Clinical Psychologist



**Rebecca Ciatto**  
Accredited MH Social worker

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## Venue & Booking

<b>Venue:</b>	Seminar Room   Jane Bell House 10 Wreckyn St, North Melbourne, Vic, 3051
<b>When:</b>	Training delivered over <b>four days:</b> 9:00am – 5:30pm, March 15 <sup>th</sup> -18 <sup>th</sup> , 2027 (On day 4, the training will end at 12:30pm)
<b>Registration:</b>	Registrations can be made <a href="#">here</a> Prior to registering, Victorian Clinicians should contact with <a href="#">CEED</a> to receive a discount code, valid only for Victorian mental health clinicians NB: registrations close <b>C.O.B. March 1<sup>st</sup>, 2027</b> (Please allow time to complete Levels 1 & 2 if you haven't already done so)

### ENQUIRIES

Training content enquiries: Tanya Gilmartin ([Tanya.Gilmartin@mh.org.au](mailto:Tanya.Gilmartin@mh.org.au))

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