

Dynamic (attachment-focused) Relational Therapy (DaRT) Program Treatment Streams

What is the DaRT Program?

- DaRT is a 6-week intensive group program. It is for adults (18 years old or older) who have experienced complex emotional trauma that has caused unhealthy relationship patterns and coping behaviours.
- The program will help you:
 - › Improve your self-awareness
 - › Manage and express your emotions
 - › Set goals
 - › Build healthy relationships
 - › Cope with your current mental health problems and prevent future problems
- Sessions will be led by a health care team from psychiatry, psychology, occupational therapy, social work, nursing, and recreational therapy. Nova Scotia Health is a teaching facility, so learners may also take part in your care.

Your primary clinician

- You will be assigned a primary clinician who is a member of the DaRT health care team. They may be a social worker, a psychiatric resident (doctor), a nurse, an occupational therapist, or a clinical therapist (counsellor who assesses and treats emotional issues or mental illnesses).
- Before starting the program, you will meet with a health care team member and decide together which stream is right for you.

How will this program help me?

The DaRT Program will focus on helping you to learn how to develop a healthy relationship with yourself and others. In both program streams, your treatment will focus on helping you develop skills like:

- Understanding your emotions and behaviors
- Learning to recognize and deal with stress
- Changing thinking patterns and core beliefs that are not helping you
- Having more empathy and compassion for yourself and others
- Lowering feelings of depression, anxiety, and isolation (feeling alone)
- Developing healthy habits and routines
- Building connections with others in your life and community
- Improving your communication skills, including setting healthy boundaries

The DaRT program offers 2 treatment streams:

1. Virtual (online) using Zoom for Healthcare
2. In-person group treatment

Virtual Program:

- The virtual stream will help you:
 - › Improve your self-awareness
 - › Manage and express your emotions
 - › Set goals
 - › Build healthy relationships
 - › Build a routine
 - › Get involved in your community
- You are expected to commit to the full 6 weeks and attend all sessions.
- The group meets 3 times a week (half days). You will also meet with your primary clinician once a week.
- Group members are expected to have the ability to work on treatment goals outside of program time.
- The group meets online using Zoom for Healthcare.
- You must be able to take part in sessions from a private and confidential indoor space in Nova Scotia.

In-person Program:

- The in-person stream will help you work through complex emotions that may be keeping you stuck. It will help you:
 - › Develop a healthy relationship with yourself
 - › Improve your relationships with others
 - › Build skills to tolerate (handle) and work through difficult emotions
- The main goals of this stream are to:
 - › Help you process your emotions
 - › Work through patterns connected to early attachment trauma that are contributing to problems in your relationships with yourself or others
- You will:
 - › Commit to the full 6 weeks and attend all group sessions
 - › Attend appointments with members of your health care team
 - › Work on your treatment goals in the program and at home
- Sessions are held on Wednesdays from 9 a.m. to 3:30 p.m. at:
Dr. Clyde S. Marshall Building, main floor
Nova Scotia Hospital
294 Pleasant Street
Dartmouth, NS B2Y 3S3
- While you are in the program, you may park at the Nova Scotia Hospital site for free.
- You will be given a snack voucher each day to use at the coffee shop in the Mount Hope building during breaks.

Prepared by: DaRT Program, Mental Health and Addictions

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.