

Therapy Summer CALENDAR 2009

Northpark Private Hospital

<i>Program</i>	<i>Dates</i>	<i>Target Participants</i>	<i>Group Description</i>	<i>Facilitator</i>
Mindfulness 2 day Workshop 8 places	Tuesday January 13 th and 20 th 2009	This program is for those who wish to increase their levels of emotional control and are willing to participate in guided in session practices. This program is of a workshop nature.	This group will have a core mindfulness education unit and allows time for practical implementation of strategies. Attendance at such a program would allow you to further develop skills in distress tolerance, to practice these skills in a safe and supportive environment and also to decrease isolation.	Marita
The Wellbeing 2 day Workshop 8 Places	Wednesday January 21 st and 28 th 2009 In the Education Centre	The program is targeted at those who are in the recovery stages and are exploring options for maintaining stable mood.	This 2-day workshop will focus on principles of positive psychology to assist participants in their recovery from depression and/or anxiety. The program will take an integrative approach including details on nutrition, sleep and recognition of strengths.	Christie
Recovery and Support Program (12 sessions) 8 places	To commence Tuesday February 10 th 2009	Suitable for persons seeking general support and wishing to enhance their functioning and decrease the negative impact of lifestyle problems and psychiatric symptomatology on their lives. The program provides support, training, and practice in all problem areas (e.g., relationship problems, social isolation, anxiety management, poor motivation, and so on).	The recovery and support group is aimed at assisting individuals with the clinic to community transitions, with personal growth, and will encompass elements of relaxation/mindfulness, social skill development and problem solving	Chris & Marita
Mindfulness Based Program (10 sessions) 8 places	To commence Thursday February 19 th 2009	Useful for people who have difficulty managing anxiety, have trouble dealing with distressing cognitive thought content, are prone to depression, for those who have or are in stressful life/social situations, for those whose mental distress is impacting negatively on their physical health.	This program that has a foundation in principles of mindfulness, teaching a range of mindfulness techniques, and providing weekly opportunities to practice in a group & gain support/guidance, as well as assistance in developing regular home practice. In addition there will be structured exercises tailored to assist the group members in developing a broad range of coping strategies to deal effectively with their mental, emotional & social difficulties.	Marita
Understanding and Managing Anxiety 6 sessions 8 Places	To commence Wednesday 25 th February 2009	Aimed at people with a diagnosis of an Anxiety disorder.	This program will target Anxiety and mood management from an eclectic approach of Cognitive Behaviour Therapy (CBT) and incorporate some elements of mindfulness. The program will also feature elements of healthy living including sleep, exercise and nutritional influences on mental health.	Christie and Simon
Mindfulness Meditation Sessions (1.5 hour duration)	To be offered one Monday of each month (date yet to be determined) Session cost to be advised	This fee for service group is offered to those who have previously been involved in a mindfulness program (either the day workshop or the 10 day program).	The group aims to allow people to further develop their mindfulness skills via directed mindfulness meditations and related discussions.	Marita

For Further program information please contact Christie Arbuckle (Psychologist & Therapy Coordinator) on 9467-6163

Process for program involvement:

If you are interested in attending a program please discuss this with your psychiatrist, as they will need to refer you to the program. You will be then be invited to attend an appointment with a member of the therapy team to address program suitability and make recommendations on which programs would be most beneficial for your recovery.

Some of the upcoming programs for autumn include:

- The Women's Mental Health Program
- The MAPS program (for Managing Bipolar Disorder)
- Psycho Oncology Well Being group
- The Recovery and Support Group