



The Melbourne Clinic

General Information

Day Programs at The Melbourne Clinic offer treatment through evidence based group sessions, facilitated by qualified multidisciplinary mental health professionals. They include:

- A range of diagnosis specific, closed, time limited therapy groups, and / or
- The Life Strategies Program, offering a range of modules which focus on skills development and the learning and practice of viable coping strategies in a supportive and energising environment.

Day Programs will assist clients with:

- The transition period immediately following an inpatient admission.
- Outpatient support during crisis or increased stress.
- On-going support to maintain mental wellbeing, enhance functioning and facilitate personal growth to prevent readmission.

Note:

- Unless the client is referred to a specific program by his/her psychiatrist, an appropriate range of programs/groups will be determined following the Day Program entry assessment.
- The client can attend more than one program as appropriate.
- On-going management continues with the treating doctor, making this an ideal shared care arrangement.
- Private health insurance is recommended

Facilitators:

A multidisciplinary team consisting of nurses, occupational therapists, clinical psychologists and psychiatrists provide a range of therapeutic interventions.

If you are interested in attending the program, a referral needs to be obtained from your doctor.

For further information or to schedule an assessment, please contact the Day Program Manager, Ms Lily Shatkin on (03) 9420 9260.

Day Program Group Options For Specific Diagnosis

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Who:

The program is designed for people who are experiencing the symptoms of Depression, but are well enough to engage in active therapy.

Content:

The Program offers an introduction to Cognitive Behavioural Therapy (CBT) in a group setting. The 16 week program is divided into four modules.

1. BEHAVIOURS and your mood (4 weeks)
2. THOUGHTS and your mood (6 weeks)
3. RELATIONSHIPS and your mood (4 weeks)
4. RELAPSE PREVENTION (2 weeks)

The focus will be on developing personal projects that are designed to help you become more active and improve your mood.

When:

This 16 week program runs during business hours.

Who:

The program is designed for individuals who experience problems with misuse of alcohol, drugs, gambling and other addictive behaviours, and who are interested in maintaining or working toward abstinence.

Content:

The group comprises of three sections:

1. **Support therapy** - *an opportunity to speak openly in a safe environment, support and be supportive of group members.*
2. **Relaxation** - *a variety of relaxation techniques are taught and practiced.*
3. **Topic group** - *education and interactive group discussion.*

The program helps equip participants with the ability to:

- Cope with cravings and urges.
- Increase self-awareness and insight.
- Assess and cope with high risk situations.
- Make and maintain life style changes.
- Prevent and manage relapse behaviour.

When:

This program is offered during business hours and also in the evening.

Who:

The program is designed for individuals diagnosed with Bi-Polar I or Bi-Polar II Disorders.

Content:

This Bi-polar (MAPS) group program has been researched and developed by the Mental Health research Institute (2003):

- M - monitoring and motivation
- A - assessing
- P - problem solving
- S - SMART goal setting

The Program will provide information and skills to assist people in the on-going effective management of their Bi-polar disorder.

When:

This 12 week program runs in the evening.

Who:

The program is designed for individuals where anxiety is a major presenting problem.

Content:

This cognitive behavioural program helps individuals manage the symptoms of anxiety using a range of psychological techniques that have been demonstrated to be effective.

- Managing physical symptoms of anxiety.
- Increasing awareness of unhelpful thinking patterns, and learning techniques to challenge them.
- Learning ways to address perfectionism.
- Identifying strengths.
- Enhancing life management skills.
- Relapse prevention.

When:

This 8 week program program is offered during business hours.

Dialectical Behaviour Therapy Program

Who:

The program is designed for individuals with long standing behavioural and emotional difficulties. They may have patterns of suicidal thoughts and behaviours or other dysfunctional behaviours that create chaotic lives and relationships. Individuals may have a diagnosis of Borderline Personality Disorder or related traits.

Content:

Group skills training in:

- Core Mindfulness
- Interpersonal Effectiveness
- Emotional Regulation
- Distress Tolerance

12 months individual therapy involving weekly monitoring of symptoms, generalisation of new skills and telephone coaching.

When:

This program runs over a 12 month period and includes one day of group therapy offered during business hours or in the evening and one session of individual therapy provided on an alternate day.

Mindfulness Based Cognitive Therapy

Who:

The Program is designed for clients with:

- A history of mood and/or anxiety disorders (not currently experiencing a depressive or manic episode).
- The ability to participate actively in a group based therapy.

Content:

Group participants will take part in awareness exercises and cognitive interventions designed to assist in:

- Developing a mindful acceptance and acknowledgment of feelings, sensations and thoughts.
- Choosing the most skilful response to any unpleasant feelings, sensations, thoughts or situations they encounter.
- Reducing the occurrence of relapse.

When:

This 8 session program is offered during business hours and also in the evening.

Acceptance and Commitment Therapy

Who:

The program is designed for adults with a range of mental health problems.

Content:

Participants will take part in Acceptance and Commitment Therapy (ACT) in a group setting to assist in:

- Developing acceptance of unwanted experiences
- Developing skills of mindfulness
- Identifying and aligning your values
- Working toward a valued and meaningful life using a committed approach
- Learning to implement cognitive diffusion techniques
- Relapse Prevention- maintaining recovery

When:

This 10 week program is offered during business hours.

Social Anxiety

Who:

The program is designed for individuals where social anxiety is a major presenting problem.

Content:

This cognitive behavioural program helps individuals manage social anxiety and begin confronting their fears. It will assist participants to find relief using a range of psychological techniques that have been demonstrated to be effective.

- Managing physical sensations of anxiety.
- Increasing awareness of unhelpful thinking patterns, and techniques to challenge and change them.
- Exposure to situations associated with social anxiety.
- Mindfulness and acceptance.
- Relapse prevention.

When:

This 10 week group program is offered during business hours.

Who:

The program treats individuals with eating disorders and is designed to promote recovery of physical and emotional wellbeing in a supportive environment.

Content:

The program aims to:

- Provide a comprehensive service for eating disorder patients.
- Provide an integrated transitional program for inpatient and outpatient treatment.
- Provide treatment with minimal disruption to daily living and social networks.
- Encourage a range of skills to enable patients to manage a healthy weight range.

When:

This program is run during business hours.

Who:

The program is designed for individuals suffering from low self-esteem and relationship issues.

Content:

Group participants will take part in awareness exercises and cognitive and mindfulness interventions designed to assist in:

- Defining and exploring their understandings of self-esteem, healthy relationships with themselves and with others.
- Exploring the process of self concept development and personal change.
- Identifying and restructuring irrational thoughts.
- Exploring and developing personal goals and interpersonal skills.

When:

This 12 week program runs in the evening.

Who:

The program is designed to:

- Provide treatment with minimal disruption to daily living and social networks.
- Provide group therapy tailored to people experiencing bingeing and purging difficulties.
- Minimum age of 16 years.
- Further requirements apply and can be discussed upon referral.

Content:

The Bulimia Nervosa specific day program is an open group program. The group session provides a forum to discuss issues with a combination of cognitive behavioural therapy and mindfulness meditation approaches. The program offers group therapy in conjunction with patients attending regular appointments with their treating psychiatrist. Appointments with a dietitian are also advised.

When:

This program is run during business hours.

Who:

The program is designed for parents with mental health issues.

Content:

This psycho education program is designed to help parents to deal with stress and confusion in parenting due to mental illness.

The program will address:

- Developmental milestones.
- Positive parenting.
- Temperamental differences.
- Communication.
- Discipline and limit setting.
- Impact of illness on parenting.

When:

This 8 week group program is held during business hours.



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