



## The Melbourne Clinic

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A Healthscope hospital.

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## The Melbourne Clinic

# Spiritual and Pastoral Care

Information for patients, carers,  
family and support persons



At The Melbourne Clinic we value the importance of spiritual health in recovery. To acknowledge this we proudly offer spiritual and pastoral care to our clients.

*“Spiritual Care is the provision of assessment, counselling, support and ritual in matters of a person’s beliefs, traditions, values and practices - enabling the person to access their own spiritual resources” (ICD codes Australian Version 2018).*

## Spiritual and Pastoral Care:

- Pays attention to the spiritual nature of the person, and to the spiritual issues that arise in illness, suffering, life and death
- Is person-centered, provided in a one-on-one therapeutic relationship, and makes no assumptions about personal convictions, life orientation or spiritual identity
- Seeks to identify a person’s spiritual resources and needs, in order to reflect on and explore their hopes and concerns
- Enables individuals to work through issues of meaning, purpose, connectedness and a sense of belonging
- Recognises that every person has a unique way of finding meaning through individual experiences, beliefs, culture, history and tradition
- Provides a range of services through group discussion and support, counselling and education, and specific spiritual care (including prayer).

## How is Spiritual and Pastoral Care provided at The Melbourne Clinic?

- **Explore, discover and uncover spiritual matters around:**
  - Faith and Spirituality
  - Understanding my Core Values
  - Grief and Loss
  - Guilt, Shame and Forgiveness
  - The Five Love Languages
  - Contemplation and Journaling
  - Meditation and Mindfulness
  - Hope in recovery
  - Self-worth and self-talk
- **Groups:** Groups are offered in the Living Well Program, Addictive Behaviours Programs, the Older Person’s Program and the EMDR Program.
  - \* Groups will be indicated on timetables.
- **Individual Appointments and Referral Process**
  - Inpatients:** Our Spiritual and Pastoral Care Coordinator is available for individual sessions at The Melbourne Clinic.

To make an appointment please speak with your nurse or psychiatrist.

**Outpatients:** Individual sessions are also available to outpatients through our Outreach Service.

For a referral to our Outreach Service, please speak with your treating psychiatrist.

Whatever your cultural background or belief system, our Spiritual and Pastoral Care Coordinator is committed to assisting you with various spiritual, religious or emotional needs, and offers a respectful, accepting and attentive presence.

