



The Melbourne Clinic

Day Program Timetable  
Addictive Behaviours

Health and Wellbeing

15th July – 11th October 2019



## The Addictive Behaviours Program

The Addictive Behaviours Day Program runs three days a week and is designed for individuals who experience alcohol and/or drug dependence and addiction problems in their lives. Individuals with a range of other addictions inclusive of food, sugar, gambling and others will also benefit from attending the program.

On Monday (day), Wednesday (day) and Friday (day), the program is open and individuals can enter at any time following assessment. Individuals are welcome to attend the open program in a way that accommodates their lifestyle, which may mean attending three times a week, or every fortnightly for example.

On Monday (evening), the program is closed which requires the commitment to a three month module, following consultation with the programs clinicians prior to commencing.

The program is designed to help people understand how their behaviour impacts their lives, what purpose it serves and the reasons behind the problematic use of alcohol and/or other drugs. Behaviour is symptomatic of other issues or concerns and often provides self-soothing and escapism. The program explores this, giving insight into these behaviours.

When attending it is a requirement that individuals complete at least a half day of the

program, which means attending **at least two sessions listed on the timetable that day.**

Prior to commencing the program individuals will need to obtain a referral from their Psychiatrist and complete an assessment with a day program clinician. A requirement of attending The Melbourne Clinic Day Program is engaging with your Psychiatrist at a minimum every three months.

The Addictive Behaviours Program involves mindfulness, interpersonal group therapy, psychoeducation and individual sessions.

### Mindfulness

Developing skills in mindfulness practice as well as formal practice around building openness, awareness, and focus to the present moment. Mindfulness can help increase self-awareness, develop self-acceptance and self-compassion, and help to experience difficult thoughts and feelings.

### Interpersonal Group Therapy

An opportunity to learn and explore interpersonal patterns, roles that we play in life that may influence addiction, patterns in our relationships, receive and provide feedback around communication styles and develop skills and make change around interpersonal behaviours.

### Psycho-Education

Each week on a Wednesday, a different educational topic will be offered based on the current Module (see timetable).

Through each of the four modules, we provide new material and topics each week. The current module – health and wellbeing, will include topics incorporating skills, theories, and exploration around health and wellbeing. The program will include groups developed on evidence based theories including trauma frameworks, DBT and ACT.

### Individual Review

Those involved in the closed programs will be allocated an individual therapist who you will have four individual sessions with across the module. The individual sessions will be held the same day as the group (see timetable). If clients require further individual support, this will be discussed within the Addictive Behaviours team. Individual sessions will include reviewing challenges in groups, addressing goals, recovery interfering behaviours, and incorporates homework reflecting on the therapeutic principles of interpersonal group therapy.

Please be advised that we are unable to provide court letters for attending the program.

**If you have any further questions or queries please call The Melbourne Clinic Day Programs on 8416 3800 or the Allied Health team on 9420 9213.**

## Addictive Behaviours Program

Monday 15th July

### Day Group

10.00–10.45 Mindfulness

Break

11.00–12.45 Interpersonal Group Therapy – Open group

### Evening Group

BREAK – NO EVENING GROUP

Wednesday 17th July

### Day Group

BREAK – NO DAY GROUP

Friday 19th July

### Day Group

10.00–10.45 Mindfulness

Break

11.00–12.45 Interpersonal Group Therapy – Open group

## Addictive Behaviours Program

Monday 22nd July	
Day Group	
10.00–10.45	Mindfulness
Break	
11.00–12.45	Interpersonal Group Therapy – Open group
Evening Group	
4.30–5.30	<i>Individual sessions (by appointment)</i>
5.15–6.00	Mindfulness – Ash
Break	
6.30–8.15	Interpersonal Group Therapy – Closed groups only – No open groups

Wednesday 24th July	
Day Group	
9.00–10.00	<i>Individual sessions (by appointment)</i>
9.15–9.45	Mindfulness – Celeste
Break	
10.00–12.00	Interpersonal Group Therapy – Closed and open groups
Break	
1.00–2.00	Psycho-Education <i>Managing depression</i> – Marco

Friday 26th July	
Day Group	
10.00–10.45	Mindfulness
Break	
11.00–12.45	Interpersonal Group Therapy – Open group

## Addictive Behaviours Program

Monday 29th July	
Day Group	
10.00–10.45	Mindfulness
Break	
11.00–12.45	Interpersonal Group Therapy – Open group
Evening Group	
4.30–5.30	<i>Individual sessions (by appointment)</i>
5.15–6.00	Mindfulness – Marco
Break	
6.30–8.15	Interpersonal Group Therapy – Closed groups only – No open groups

Wednesday 31st July	
Day Group	
9.00–10.00	<i>Individual sessions (by appointment)</i>
9.15–9.45	Mindfulness – Spike
Break	
10.00–12.00	Interpersonal Group Therapy – Closed and open groups
Break	
1.00–2.00	Psycho-Education <i>Intimacy</i> – Ash / Celeste

Friday 2nd August	
Day Group	
10.00–10.45	Mindfulness
Break	
11.00–12.45	Interpersonal Group Therapy – Open group

## Addictive Behaviours Program

Monday 5th August

### Day Group

10.00–10.45 Mindfulness

Break

11.00–12.45 Interpersonal Group Therapy  
– Open group

### Evening Group

4.30–5.30 *Individual sessions (by appointment)*

5.15–6.00 Mindfulness – Effie

Break

6.30–8.15 Interpersonal Group Therapy  
– Closed groups only  
– No open groups

Wednesday 7th August

### Day Group

9.00–10.00 *Individual sessions (by appointment)*

9.15–9.45 Mindfulness – Ash

Break

10.00–12.00 Interpersonal Group Therapy  
– Closed and open groups

Break

1.00–2.00 Psycho-Education  
*When you pulled through*  
– Reuben

Friday 9th August

### Day Group

10.00–10.45 Mindfulness

Break

11.00–12.45 Interpersonal Group Therapy  
– Open group

## Addictive Behaviours Program

Monday 12th August

### Day Group

10.00–10.45 Mindfulness

Break

11.00–12.45 Interpersonal Group Therapy  
– Open group

### Evening Group

4.30–5.30 *Individual sessions (by appointment)*

5.15–6.00 Mindfulness – Ash

Break

6.30–8.15 Interpersonal Group Therapy  
– Closed groups only  
– No open groups

Wednesday 14th August

### Day Group

9.00–10.00 *Individual sessions (by appointment)*

9.15–9.45 Mindfulness – Karolina

Break

10.00–12.00 Interpersonal Group Therapy  
– Closed and open groups

Break

1.00–2.00 Psycho-Education  
*New evidence on how exercise  
may help fight drug addiction*  
– Spike

Friday 16th August

### Day Group

10.00–10.45 Mindfulness

Break

11.00–12.45 Interpersonal Group Therapy  
– Open group

## Addictive Behaviours Program

Monday 19th August

### Day Group

10.00–10.45 Mindfulness

Break

11.00–12.45 Interpersonal Group Therapy  
– Open group

### Evening Group

4.30–5.30 *Individual sessions (by appointment)*

5.15–6.00 Mindfulness – Marco

Break

6.30–8.15 Interpersonal Group Therapy  
– Closed groups only  
– No open groups

Wednesday 21st August

### Day Group

9.00–10.00 *Individual sessions (by appointment)*

9.15–9.45 Mindfulness – Reuben

Break

10.00–12.00 Interpersonal Group Therapy  
– Closed and open groups

Break

1.00–2.00 Psycho-Education  
*'The power of no'*  
– Effie

Friday 23rd August

### Day Group

10.00–10.45 Mindfulness

Break

11.00–12.45 Interpersonal Group Therapy  
– Open group

## Addictive Behaviours Program

Monday 26th August

### Day Group

10.00–10.45 Mindfulness

Break

11.00–12.45 Interpersonal Group Therapy  
– Open group

### Evening Group

4.30–5.30 *Individual sessions (by appointment)*

5.15–6.00 Mindfulness – Effie

Break

6.30–8.15 Interpersonal Group Therapy  
– Closed groups only  
– No open groups

Wednesday 28th August

### Day Group

9.00–10.00 *Individual sessions (by appointment)*

9.15–9.45 Mindfulness – Marco

Break

10.00–12.00 Interpersonal Group Therapy  
– Closed and open groups

Break

1.00–2.00 Psycho-Education  
*Healthy lifestyle*  
– Ash

Friday 30th August

### Day Group

10.00–10.45 Mindfulness

Break

11.00–12.45 Interpersonal Group Therapy  
– Open group

## Addictive Behaviours Program

Monday 2nd September

### Day Group

10.00–10.45 Mindfulness

Break

11.00–12.45 Interpersonal Group Therapy  
– Open group

### Evening Group

4.30–5.30 *Individual sessions (by appointment)*

5.15–6.00 Mindfulness – Ash

Break

6.30–8.15 Interpersonal Group Therapy  
– Closed groups only  
– No open groups

Wednesday 4th September

### Day Group

9.00–10.00 *Individual sessions (by appointment)*

9.15–9.45 Mindfulness – Celeste

Break

10.00–12.00 Interpersonal Group Therapy  
– Closed and open groups

Break

1.00–2.00 Psycho-Education  
*Happiness*  
– Roselie

Friday 6th September

### Day Group

10.00–10.45 Mindfulness

Break

11.00–12.45 Interpersonal Group Therapy  
– Open group

## Addictive Behaviours Program

Monday 9th September

### Day Group

10.00–10.45 Mindfulness

Break

11.00–12.45 Interpersonal Group Therapy  
– Open group

### Evening Group

4.30–5.30 *Individual sessions (by appointment)*

5.15–6.00 Mindfulness – Marco

Break

6.30–8.15 Interpersonal Group Therapy  
– Closed groups only  
– No open groups

Wednesday 11th September

### Day Group

9.00–10.00 *Individual sessions (by appointment)*

9.15–9.45 Mindfulness – Spike

Break

10.00–12.00 Interpersonal Group Therapy  
– Closed and open groups

Break

1.00–2.00 Psycho-Education  
*Managing anxiety*  
– Marco

Friday 13th September

### Day Group

10.00–10.45 Mindfulness

Break

11.00–12.45 Interpersonal Group Therapy  
– Open group

## Addictive Behaviours Program

Monday 16th September

### Day Group

10.00–10.45 Mindfulness

Break

11.00–12.45 Interpersonal Group Therapy  
– Open group

### Evening Group

4.30–5.30 *Individual sessions (by appointment)*

5.15–6.00 Mindfulness – Effie

Break

6.30–8.15 Interpersonal Group Therapy  
– Closed groups only  
– No open groups

Wednesday 18th September

### Day Group

9.00–10.00 *Individual sessions (by appointment)*

9.15–9.45 Mindfulness – Ash

Break

10.00–12.00 Interpersonal Group Therapy  
– Closed and open groups

Break

1.00–2.00 Psycho-Education  
*Tree of values*  
– Celeste

Friday 20th September

### Day Group

10.00–10.45 Mindfulness

Break

11.00–12.45 Interpersonal Group Therapy  
– Open group

## Addictive Behaviours Program

Monday 23rd September

### Day Group

10.00–10.45 Mindfulness

Break

11.00–12.45 Interpersonal Group Therapy  
– Open group

### Evening Group

4.30–5.30 *Individual sessions (by appointment)*

5.15–6.00 Mindfulness – Ash

Break

6.30–8.15 Interpersonal Group Therapy  
– Closed groups only  
– No open groups

Wednesday 25th September

### Day Group

9.00–10.00 *Individual sessions (by appointment)*

9.15–9.45 Mindfulness – Karolina

Break

10.00–12.00 Interpersonal Group Therapy  
– Closed and open groups

Break

1.00–2.00 Psycho-Education  
*Those that matter*  
– Reuben

Friday 27th September

### Day Group

10.00–10.45 Mindfulness

Break

11.00–12.45 Interpersonal Group Therapy  
– Open group



## Addictive Behaviours Program

Monday 30th September

### Day Group

10.00–10.45 Mindfulness

Break

11.00–12.45 Interpersonal Group Therapy  
– Open group

### Evening Group

4.30–5.30 *Individual sessions (by appointment)*

5.15–6.00 Mindfulness – Marco

Break

6.30–8.15 Interpersonal Group Therapy  
– Closed groups only  
– No open groups

Wednesday 2nd October

### Day Group

9.00–10.00 *Individual sessions (by appointment)*

9.15–9.45 Mindfulness – Reuben

Break

10.00–12.00 Interpersonal Group Therapy  
– Closed and open groups

Break

1.00–2.00 Psycho-Education  
*Understanding emotions*  
– Ash

Friday 4th October

### Day Group

10.00–10.45 Mindfulness

Break

11.00–12.45 Interpersonal Group Therapy  
– Open group

## Addictive Behaviours Program

Monday 7th October

### Day Group

10.00–10.45 Mindfulness

Break

11.00–12.45 Interpersonal Group Therapy  
– Open group

### Evening Group

4.30–5.30 *Individual sessions (by appointment)*

5.15–6.00 Mindfulness – Effie

Break

6.30–8.15 Interpersonal Group Therapy  
– Closed groups only  
– No open groups

Wednesday 9th October

### Day Group

9.00–10.00 *Individual sessions (by appointment)*

9.15–9.45 Mindfulness – Marco

Break

10.00–12.00 Interpersonal Group Therapy  
– Closed and open groups

Break

1.00–2.00 Psycho-Education  
*Guilt and forgiveness*  
– Roselie

Friday 11th October

### Day Group

10.00–10.45 Mindfulness

Break

11.00–12.45 Interpersonal Group Therapy  
– Open group





## The Melbourne Clinic

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07/2019