

Inpatient Program

To assist in the growth and development of skills to manage distress and challenging emotions.

Program aims

The main therapeutic framework in this program is informed by Dialectical Behaviour Therapy (DBT). Therapy frameworks include psychoeducation and skill acquisition from components such as Emotional Regulation, Distress Tolerance, Interpersonal effectiveness and Mindfulness.

Program structure

This program is designed to provide a variety of psychoeducation, skills development and activities to enhance one's recovery. Morning sessions are skills-based groups. Afternoon sessions are complementary to the morning groups. They may include Music Therapy, Art Therapy, gentle exercise, Mindful activities, discussion groups or activities groups. All groups are compulsory and attended daily across the Monday – Friday span throughout the four-week admission.

Frequently asked questions

Who will benefit from this program?

This program is most suitable for people who experience long-standing difficult emotions or periods of distress that impact upon their quality of life, relationships and self-worth. The program can also assist with impulsive, suicidal or self-harming behaviours by presenting alternative coping strategies. This program is relevant to people with a range of diagnoses such as Borderline Personality traits, PTSD or trauma related experiences.

When do admissions occur?

Admission to the program occurs on the Saturday prior to program commencement.

Do I have to attend all groups?

Groups are compulsory for attendance as they form the basis of the program.

What supports are available to me when I am discharged from the program?

During week one of the program, your doctor can make a referral to Outreach (individual home-based support) or the Day Program. The program assessments occur during week two and three of the program so you can commence programs as soon as possible.