

## Inpatient Program

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

### Program aims

The main therapeutic framework of 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

The program is designed to provide education, skill development and other activities to enhance one's recovery. Morning sessions are skills-based groups. Afternoon sessions are complementary to the morning groups, and may include Music Therapy, Art Therapy, gentle exercise, Mindful activities, discussion groups or other activity 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 concerns 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?

Group attendance is compulsory as they form the basis of the program.

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

Your doctor can make a referral to Outreach (individual home-based support) or to the Day Program if these services are deemed to be valuable to your ongoing care.