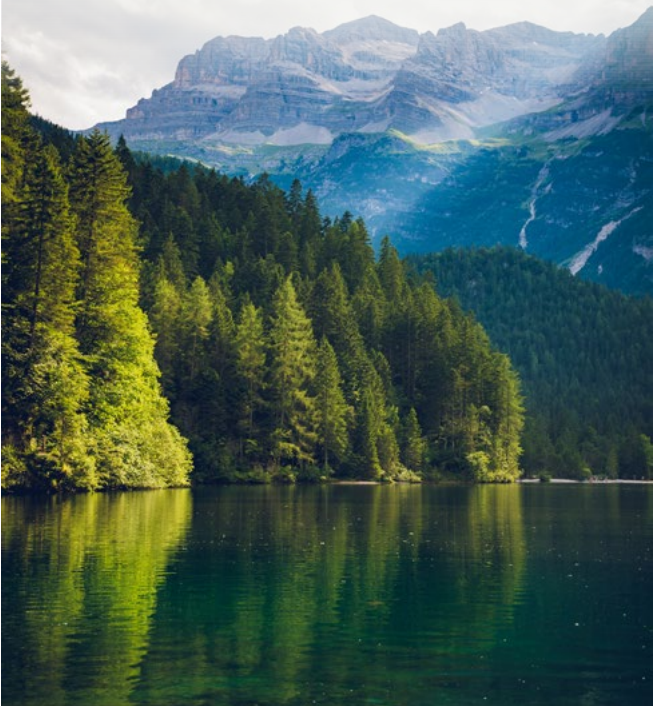




The Melbourne Clinic

Day Program Timetable  
Addictive Behaviours

26th August – 18th 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 a full day of program,

from 9.20am – 3.00pm.

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 26th August	
Day Group	
9.20–9.45	Mindfulness – Celeste
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Blue Zones</i> – Spike

Wednesday 28th August	
Day Group	
9.20–9.45	Mindfulness – Marco
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Intimacy</i> – Ash / Celeste

Friday 30th August	
Day Group	
9.20–9.45	Mindfulness – Celeste
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Utilising ACT</i> – Marco

## Addictive Behaviours Program

Monday 2nd September

### Day Group

9.20–9.45	Mindfulness – Spike
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Gratitude</i> – Karolina

Wednesday 4th September

### Day Group

9.20–9.45	Mindfulness – Celeste
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Grief and Loss</i> – Rosalie

Friday 6th September

### Day Group

9.20–9.45	Mindfulness – Spike
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Sleep Hygiene / Dealing with Nightmares</i> – Celeste

## Addictive Behaviours Program

Monday 9th September

### Day Group

9.20–9.45	Mindfulness – Celeste
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Roles in Relationships</i> – Ash

Wednesday 11th September

### Day Group

9.20–9.45	Mindfulness – Spike
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Managing Anxiety</i> – Marco

Friday 13th September

### Day Group

9.20–9.45	Mindfulness – Marco
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>The cycle of change and vulnerability</i> – Effie

## Addictive Behaviours Program

Monday 16th September

### Day Group

9.20–9.45	Mindfulness – Spike
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>How to be your own life coach</i> – Celeste

Wednesday 18th September

### Day Group

9.20–9.45	Mindfulness – Ash
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Those that matter</i> – Reuben

Friday 20th September

### Day Group

9.20–9.45	Mindfulness – Natalie
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Relationships are hard, but why?</i> – Spike

## Addictive Behaviours Program

Monday 23rd September

### Day Group

9.20–9.45	Mindfulness – Celeste
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>What's in your backpack?</i> – Effie

Wednesday 25th September

### Day Group

9.20–9.45	Mindfulness – Karolina
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Tree of Values</i> – Celeste

Friday 27th September

### Day Group

9.20–9.45	Mindfulness – Celeste
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>DBT Skills</i> – Natalie

## Addictive Behaviours Program

Monday 30th September

### Day Group

9.20–9.45	Mindfulness – Spike
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Guidelines for Healthy Eating</i> – Spike

Wednesday 2nd October

### Day Group

9.20–9.45	Mindfulness – Reuben
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Self-compassion</i> – Ash

Friday 4th October

### Day Group

9.20–9.45	Mindfulness – Spike
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Attachment</i> – Marco

## Addictive Behaviours Program

Monday 7th October

### Day Group

9.20–9.45	Mindfulness – Celeste
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Healthy Relationships</i> – Ash

Wednesday 9th October

### Day Group

9.20–9.45	Mindfulness – Marco
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Emotions in the Body</i> – Karolina

Friday 11th October

### Day Group

9.20–9.45	Mindfulness – Natalie
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>How to problem solve emotions</i> – Celeste

## Addictive Behaviours Program

Monday 14th October

### Day Group

9.20–9.45	Mindfulness – Spike
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Relapse Ladder</i> – Celeste

Wednesday 16th October

### Day Group

9.20–9.45	Mindfulness – Celeste
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Anger</i> – Spike

Friday 18th October

### Day Group

9.20–9.45	Mindfulness – Marco
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Train smart, not hard</i> – Spike

## Addictive Behaviours Program

Monday 21st October

### Day Group

9.20–9.45	Mindfulness – Celeste
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Worry</i> – Karolina

Wednesday 23rd October

### Day Group

9.20–9.45	Mindfulness – Spike
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Guilt and Forgiveness</i> – Roselie

Friday 25th October

### Day Group

9.20–9.45	Mindfulness – Celeste
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Is happiness an accident?</i> – Effie

## Addictive Behaviours Program

Monday 28th October

### Day Group

9.20–9.45 Mindfulness – Spike

Break

10.00–11.00 Right Here, Right Now

11.00–12.30 Interpersonal Group Therapy

Break

1.00–3.00 Psycho-Education/ Mindfulness  
*Loving the person within*  
– Effie

Wednesday 30th October

### Day Group

9.20–9.45 Mindfulness – Ash

Break

10.00–11.00 Right Here, Right Now

11.00–12.30 Interpersonal Group Therapy

Break

1.00–3.00 Psycho-Education/ Mindfulness  
*Existential issues; Death, meaning, freedom and isolation*  
– Marco

Friday 1st November

### Day Group

9.20–9.45 Mindfulness – Marco

Break

10.00–11.00 Right Here, Right Now

11.00–12.30 Interpersonal Group Therapy

Break

1.00–3.00 Psycho-Education/ Mindfulness  
*DBT Skills*  
– Natalie

## Addictive Behaviours Program

Monday 4th November

### Day Group

BREAK – NO DAY GROUP

Wednesday 6th November

### Day Group

9.20–9.45 Mindfulness – Karolina

Break

10.00–11.00 Right Here, Right Now

11.00–12.30 Interpersonal Group Therapy

Break

1.00–3.00 Psycho-Education/ Mindfulness  
*Contraction and Expansion*  
– Reuben

Friday 8th November

### Day Group

9.20–9.45 Mindfulness – Natalie

Break

10.00–11.00 Right Here, Right Now

11.00–12.30 Interpersonal Group Therapy

Break

1.00–3.00 Psycho-Education/ Mindfulness  
*Distress Tolerance*  
– Celeste



## Addictive Behaviours Program

Monday 11th November	
Day Group	
9.20–9.45	Mindfulness – Spike
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Benefits of Exercise</i> – Spike

Wednesday 13th November	
Day Group	
9.20–9.45	Mindfulness – Reuben
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>5 Coping Skills in Addiction</i> – Celeste

Friday 15th November	
Day Group	
9.20–9.45	Mindfulness – Celeste
Break	
10.00–11.00	Right Here, Right Now
11.00–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho-Education/ Mindfulness <i>Blue Zones</i> – Spike

## Notes

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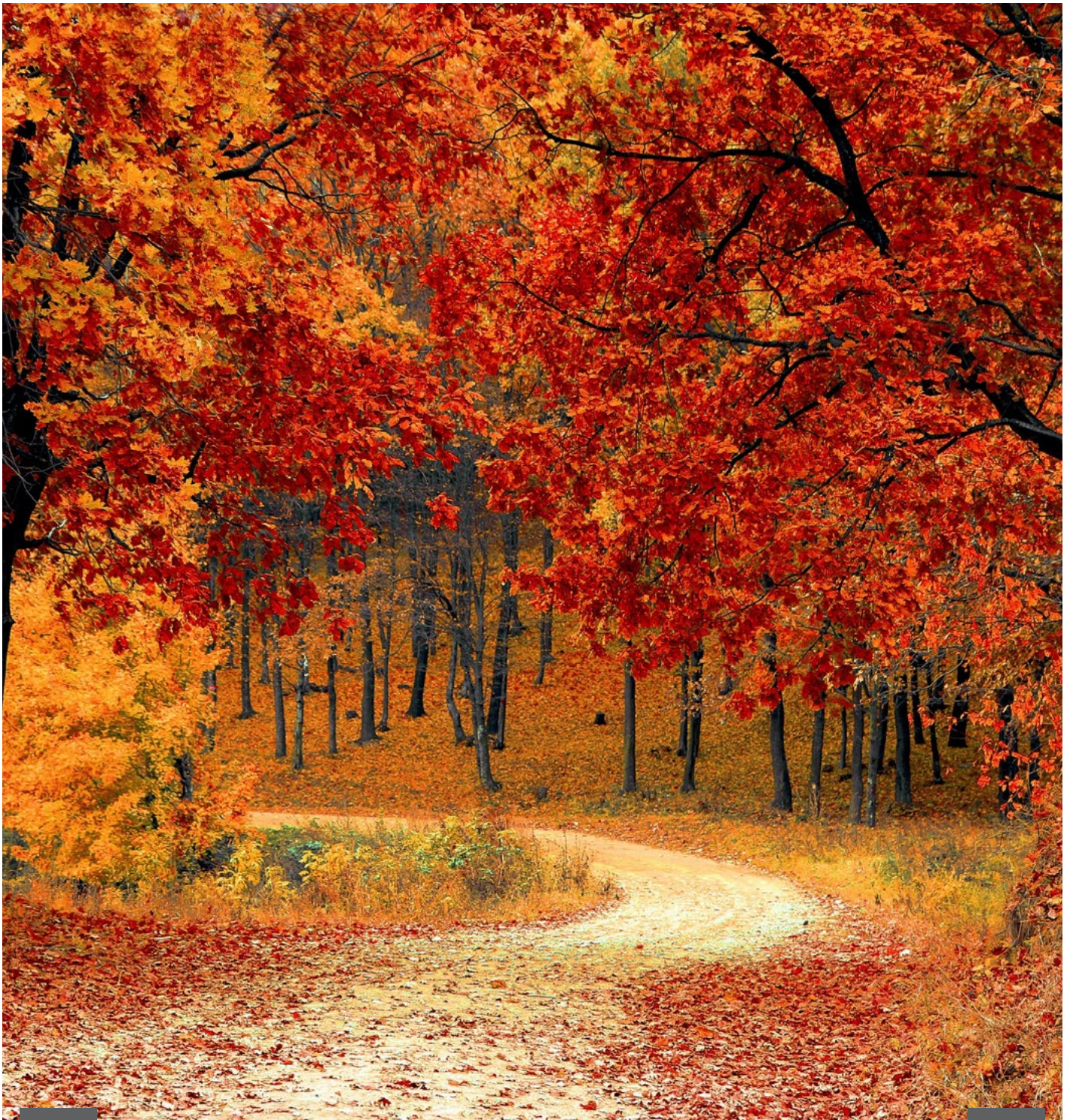
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