



The Melbourne Clinic

Day Program Timetable  
Addictive Behaviours

Module One: Relapse Prevention

19th March 2018 – 8th June 2018



## 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. The program is open on a Wednesday and Friday, as this is a flexible program that individuals can enter at any time following assessment. The program is closed on a Monday, which involves committing to a three month module following consultation with the programs clinicians prior to commencing. 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 fortnight for example.

The program is designed to help people understand how the behaviour impacts their lives, what purpose it serves and the reasons behind the problematic use of alcohol and/or other drugs. The 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, help to experience difficult thoughts and feelings and develop self-acceptance and self-compassion.

### **Interpersonal Group Therapy**

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

## Psycho-Education

Each week a different educational topic will be offered (see timetable). The current Module – Relapse Prevention will include topics incorporating skills and theories around preventing and managing relapse. The program will include groups developed on evidence based theories including trauma, 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 further within the Addictive Behaviours team. Individual sessions will include addressing goals, reviewing challenges in groups, addressing recovery interfering behaviours and incorporating 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.

**For further information  
please contact  
Day Program Intake  
on (03) 8416 3800**



# Addictive Behaviours Program

Monday 19th March

## Evening Group

4.30–5.30	<i>Individual sessions (by appointment)</i>
5.00–5.30	Mindfulness – Spike
5.30–6.30	Dealing with Urges and Cravings – Marco
Dinner	
7.00–8.30	Interpersonal Group Therapy Closed groups only No open groups

Wednesday 21st March

## Day Group

9.00–10.00	<i>Individual sessions (by appointment)</i>
9.15–10.00	Mindfulness in practice – Celeste
Morning tea	
10.15–12.00	Interpersonal Group Therapy Open and closed groups
Lunch	
1.00–2.30	The Impact of Language in Recovery – Effie

Friday 23rd March

## Addictive Behaviours and Life Strategies Program combined day

9.30–10.30 - LSP	Mindfulness practice and discussion
Morning tea	
10.30–12.00 - LSP	Sensory strategies for coping
Lunch	
12.30–2.00 - Addictive Behaviours	Interpersonal Group Therapy Open group
2.00–3.00 - LSP	Relaxation/Stress Management

# Addictive Behaviours Program

Monday 26th March

## Evening Group

4.30–5.30 *Individual sessions (by appointment)*

5.00–5.30 Mindfulness – Marco

5.30–6.30 Barriers to Exercise – Spike

Dinner

7.00–8.30 Interpersonal Group Therapy  
Closed groups only  
No open groups

Wednesday 28th March

## Day Group

9.00–10.00 *Individual sessions (by appointment)*

9.15–10.00 Mindfulness in practice – Ash

Morning tea

10.15–12.00 Interpersonal Group Therapy  
Open and closed groups

Lunch

1.00–2.30 Dance Movement Therapy  
– Karolina

Friday 30th March

GOOD FRIDAY - PUBLIC HOLIDAY  
No Groups Today

# Addictive Behaviours Program

Monday 2nd April

PUBLIC HOLIDAY  
No Groups Today

Wednesday 4th April

## Day Group

9.00–10.00	<i>Individual sessions (by appointment)</i>
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9.15–10.00	Mindfulness in practice – Marco
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Morning tea

10.15–12.00	Interpersonal Group Therapy Open and closed groups
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Lunch

1.00–2.30	Dealing with Urges and Cravings – Marco
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Friday 6th April

## Addictive Behaviours and Life Strategies Program combined day

9.30–10.30 - LSP	Mindfulness practice and discussion
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Morning tea

10.30–12.00 - LSP	Learning more helpful thinking styles
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Lunch

12.30–2.00 - Addictive Behaviours	Interpersonal Group Therapy Open group
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2.00–3.00 - LSP	Relaxation/Stress Management
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# Addictive Behaviours Program

Monday 9th April

## Evening Group

4.30–5.30	<i>Individual sessions (by appointment)</i>
5.00–5.30	Mindfulness – Ash
5.30–6.30	DBT – Coping with Distress – Ash
Dinner	
7.00–8.30	Interpersonal Group Therapy Closed groups only No open groups

Wednesday 11th April

## Day Group

9.00–10.00	<i>Individual sessions (by appointment)</i>
9.15–10.00	Mindfulness in practice – Spike
Morning tea	
10.15–12.00	Interpersonal Group Therapy Open and closed groups
Lunch	
1.00–2.30	Understanding Trauma – Roselie

Friday 13th April

## Addictive Behaviours and Life Strategies Program combined day

9.30–10.30 - LSP	Mindfulness practice and discussion
Morning tea	
10.30–12.00 - LSP	Self-care is not salt baths and chocolate cake
Lunch	
12.30–2.00 - Addictive Behaviours	Interpersonal Group Therapy Open group
2.00–3.00 - LSP	Relaxation/Stress Management

# Addictive Behaviours Program

Monday 16th April

## Evening Group

4.30–5.30	<i>Individual sessions (by appointment)</i>
5.00–5.30	Mindfulness – Spike
5.30–6.30	Motivational Theories – Effie
Dinner	
7.00–8.30	Interpersonal Group Therapy Closed groups only No open groups

Wednesday 18th April

## Day Group

9.00–10.00	<i>Individual sessions (by appointment)</i>
9.15–10.00	Mindfulness in practice – Celeste
Morning tea	
10.15–12.00	Interpersonal Group Therapy Open and closed groups
Lunch	
1.00–2.30	DBT – Crisis Management – Ash

Friday 20th April

## Addictive Behaviours and Life Strategies Program combined day

9.30–10.30 - LSP	Mindfulness practice and discussion
Morning tea	
10.30–12.00 - LSP	Your mental health and technology
Lunch	
12.30–2.00 - Addictive Behaviours	Interpersonal Group Therapy Open group
2.00–3.00 - LSP	Relaxation/Stress Management

# Addictive Behaviours Program

Monday 23rd April

## Evening Group

4.30–5.30	<i>Individual sessions (by appointment)</i>
5.00–5.30	Mindfulness – Marco
5.30–6.30	Why We Find Exercise Difficult – Spike
Dinner	
7.00–8.30	Interpersonal Group Therapy Closed groups only No open groups

Wednesday 25th April

PUBLIC HOLIDAY  
No Groups Today

Friday 27th April

## Addictive Behaviours and Life Strategies Program combined day

9.30–10.30 - LSP	Mindfulness practice and discussion
Morning tea	
10.30–12.00 - LSP	How routine can support you
Lunch	
12.30–2.00 - Addictive Behaviours	Interpersonal Group Therapy Open group
2.00–3.00 - LSP	Relaxation/Stress Management

# Addictive Behaviours Program

Monday 30th April

## Evening Group

4.30–5.30	<i>Individual sessions (by appointment)</i>
5.00–5.30	Mindfulness – Karolina
5.30–6.30	Dance Movement Therapy – Karolina
Dinner	
7.00–8.30	Interpersonal Group Therapy Closed groups only No open groups

Wednesday 2nd May

## Day Group

9.00–10.00	<i>Individual sessions (by appointment)</i>
9.15–10.00	Mindfulness in practice – Ash
Morning tea	
10.15–12.00	Interpersonal Group Therapy Open and closed groups
Lunch	
1.00–2.30	DBT – Coping with Distress – Celeste

Friday 4th May

## Addictive Behaviours and Life Strategies Program combined day

9.30–10.30 - LSP	Mindfulness practice and discussion
Morning tea	
10.30–12.00 - LSP	Grounding to manage the moment
Lunch	
12.30–2.00 - Addictive Behaviours	Interpersonal Group Therapy Open group
2.00–3.00 - LSP	Relaxation/Stress Management

# Addictive Behaviours Program

Monday 7th May

## Evening Group

4.30–5.30	<i>Individual sessions (by appointment)</i>
5.00–5.30	Mindfulness – Ash
5.30–6.30	DBT – Chain Analysis – Ash
Dinner	
7.00–8.30	Interpersonal Group Therapy Closed groups only No open groups

Wednesday 9th May

## Day Group

9.00–10.00	<i>Individual sessions (by appointment)</i>
9.15–10.00	Mindfulness in practice – Marco
Morning tea	
10.15–12.00	Interpersonal Group Therapy Open and closed groups
Lunch	
1.00–2.30	DBT – Chain Analysis – Ash

Friday 11th May

## Addictive Behaviours and Life Strategies Program combined day

9.30–10.30 - LSP	Mindfulness practice and discussion
Morning tea	
10.30–12.00 - LSP	Attitudes of mindfulness
Lunch	
12.30–2.00 - Addictive Behaviours	Interpersonal Group Therapy Open group
2.00–3.00 - LSP	Relaxation/Stress Management

# Addictive Behaviours Program

Monday 14th May

## Evening Group

4.30–5.30	<i>Individual sessions (by appointment)</i>
5.00–5.30	Mindfulness – Ash
5.30–6.30	The Impact of Language in Recovery – Effie
Dinner	
7.00–8.30	Interpersonal Group Therapy Closed groups only No open groups

Wednesday 16th May

## Day Group

9.00–10.00	<i>Individual sessions (by appointment)</i>
9.15–10.00	Mindfulness in practice – Spike
Morning tea	
10.15–12.00	Interpersonal Group Therapy Open and closed groups
Lunch	
1.00–2.30	Motivational Theories – Effie

Friday 18th May

## Addictive Behaviours and Life Strategies Program combined day

9.30–10.30 - LSP	Mindfulness practice and discussion
Morning tea	
10.30–12.00 - LSP	How to manage concentration and memory challenges
Lunch	
12.30–2.00 - Addictive Behaviours	Interpersonal Group Therapy Open group
2.00–3.00 - LSP	Relaxation/Stress Management

# Addictive Behaviours Program

Monday 21st May

## Evening Group

4.30–5.30	<i>Individual sessions (by appointment)</i>
5.00–5.30	Mindfulness – Spike
5.30–6.30	ACT and Meaning – Marco
Dinner	
7.00–8.30	Interpersonal Group Therapy Closed groups only No open groups

Wednesday 23rd May

## Day Group

9.00–10.00	<i>Individual sessions (by appointment)</i>
9.15–10.00	Mindfulness in practice – Celeste
Morning Tea	
10.15–12.00	Interpersonal Group Therapy Open and closed groups
Lunch	
1.00–2.30	DBT – Chain Analysis – Celeste

Friday 25th May

## Addictive Behaviours and Life Strategies Program combined day

9.30–10.30 - LSP	Mindfulness practice and discussion
Morning tea	
10.30–12.00 - LSP	Setting goals for success
Lunch	
12.30–2.00 - Addictive Behaviours	Interpersonal Group Therapy Open group
2.00–3.00 - LSP	Relaxation/Stress Management

# Addictive Behaviours Program

Monday 28th May

## Evening Group

4.30–5.30	<i>Individual sessions (by appointment)</i>
5.00–5.30	Mindfulness – Marco
5.30–6.30	Exercise and Mental Health – Spike
Dinner	
7.00–8.30	Interpersonal Group Therapy Closed groups only No open groups

Wednesday 30th May

## Day Group

9.00–10.00	<i>Individual sessions (by appointment)</i>
9.15–10.00	Mindfulness in practice – Marco
Morning tea	
10.15–12.00	Interpersonal Group Therapy Open and closed groups
Lunch	
1.00–2.30	Trauma in the Body – Roselie

Friday 1st June

## Addictive Behaviours and Life Strategies Program combined day

9.30–10.30 - LSP	Mindfulness practice and discussion
Morning tea	
10.30–12.00 - LSP	Exploring sensory strategies
Lunch	
12.30–2.00 - Addictive Behaviours	Interpersonal Group Therapy Open group
2.00–3.00 - LSP	Relaxation/Stress Management



# Addictive Behaviours Program

Monday 4th June

## Evening Group

4.30–5.30	<i>Individual sessions (by appointment)</i>
5.00–5.30	Mindfulness – Karolina
5.30–6.30	Dance Movement Therapy – Karolina
Dinner	
7.00–8.30	Interpersonal Group Therapy Closed groups only No open groups

Wednesday 6th June

## Day Group

9.00–10.00	<i>Individual sessions (by appointment)</i>
9.15–10.00	Mindfulness in practice – Spike
Morning Tea	
10.15–12.00	Interpersonal Group Therapy Open and closed groups
Lunch	
1.00–2.30	ACT and Meaning – Marco

Friday 8th June

## Addictive Behaviours and Life Strategies Program combined day

9.30–10.30 - LSP	Mindfulness practice and discussion
Morning tea	
10.30–12.00 - LSP	How would you treat a friend?
Lunch	
12.30–2.00 - Addictive Behaviours	Interpersonal Group Therapy Open group
2.00–3.00 - LSP	Relaxation/Stress Management







## The Melbourne Clinic

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