



The Melbourne Clinic

Day Program Timetable
Addictive Behaviours

Module Two: Health and Well-Being

11th June 2018 – 7th September 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 11th June

PUBLIC HOLIDAY
NO GROUPS

Wednesday 13th June

NO GROUPS

Addictive Behaviours Program

Monday 18th June

Evening Group

4.30–5.30 *Individual sessions (by appointment)*

5.00–5.30 Mindfulness – Ash

5.30–6.30 Self-Compassion – Ash

Dinner

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

Wednesday 20th June

Day Group

9.00–10.00 *Individual sessions (by appointment)*

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 Sleep Hygiene / Nightmare
Protocol – Celeste

Addictive Behaviours Program

Monday 25th June

Evening Group

4.30–5.30 *Individual sessions (by appointment)*

5.00–5.30 Mindfulness – Spike

5.30–6.30 Valuing Your Health with ACT
– Marco

Dinner

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

Wednesday 27th June

Day Group

9.00–10.00 *Individual sessions (by appointment)*

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 Your Lifestyle Pie – Ash

Addictive Behaviours Program

Monday 2nd July

Evening Group

4.30–5.30

Individual sessions (by appointment)

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 4th July

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

Guilt and Forgiveness – Roselie

Addictive Behaviours Program

Monday 9th July

Evening Group

4.30–5.30

Individual sessions (by appointment)

5.00–5.30

Mindfulness – Ash

5.30–6.30

Dance Movement Therapy
– Karolina

Dinner

7.00–8.30

Interpersonal Group Therapy
Closed groups only
No open groups

Wednesday 11th July

Day Group

9.00–10.00

Individual sessions (by appointment)

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

The Hungry Brain – Marco

Addictive Behaviours Program

Monday 16th July

Evening Group

4.30–5.30

Individual sessions (by appointment)

5.00–5.30

Mindfulness – Spike

5.30–6.30

Respond Rather Than React
– Effie

Dinner

7.00–8.30

Interpersonal Group Therapy
Closed groups only
No open groups

Wednesday 18th July

Day Group

9.00–10.00

Individual sessions (by appointment)

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

Self-Care – Celeste

Addictive Behaviours Program

Monday 23rd July

Evening Group

4.30–5.30

Individual sessions (by appointment)

5.00–5.30

Mindfulness – Marco

5.30–6.30

How to Enhance Your
Neuroplasticity – Marco

Dinner

7.00–8.30

Interpersonal Group Therapy
Closed groups only
No open groups

Wednesday 25th July

Day Group

9.00–10.00

Individual sessions (by appointment)

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

Living by your values – Ash

Addictive Behaviours Program

Monday 30th July

Evening Group

4.30–5.30

Individual sessions (by appointment)

5.00–5.30

Mindfulness – Ash

5.30–6.30

The Benefits of Resistance Training – Spike

Dinner

7.00–8.30

Interpersonal Group Therapy
Closed groups only
No open groups

Wednesday 1st August

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

Boundaries – Roselie

Addictive Behaviours Program

Monday 6th August

Evening Group

4.30–5.30

Individual sessions (by appointment)

5.00–5.30

Mindfulness – Spike

5.30–6.30

Disconnecting From Drama
– Effie

Dinner

7.00–8.30

Interpersonal Group Therapy
Closed groups only
No open groups

Wednesday 8th August

Day Group

9.00–10.00

Individual sessions (by appointment)

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

The Upside of Stress – Marco

Addictive Behaviours Program

Monday 13th August

Evening Group

4.30–5.30 *Individual sessions (by appointment)*

5.00–5.30 Mindfulness – Marco

5.30–6.30 Self-Care – Ash

Dinner

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

Wednesday 15th August

Day Group

9.00–10.00 *Individual sessions (by appointment)*

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 Willingness vs Wilfulness
– Celeste

Addictive Behaviours Program

Monday 20th August

Evening Group

4.30–5.30 *Individual sessions (by appointment)*

5.00–5.30 Mindfulness – Ash

5.30–6.30 Dance Movement Therapy
– Karolina

Dinner

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

Wednesday 22nd August

Day Group

9.00–10.00 *Individual sessions (by appointment)*

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 Self-Compassion – Ash

Addictive Behaviours Program

Monday 27th August

Evening Group

4.30–5.30 *Individual sessions (by appointment)*

5.00–5.30 Mindfulness – Spike

5.30–6.30 Feldenkrais – Spike

Dinner

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

Wednesday 29th August

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 Happiness – Roselie

Addictive Behaviours Program

Monday 3rd September

Evening Group

4.30–5.30

Individual sessions (by appointment)

5.00–5.30

Mindfulness – Marco

5.30–6.30

What Does Non-Attachment Mean? – Effie

Dinner

7.00–8.30

Interpersonal Group Therapy
Closed groups only
No open groups

Wednesday 5th September

Day Group

9.00–10.00

Individual sessions (by appointment)

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

How to Enhance Your Neuroplasticity – Marco



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