

# Day Program Timetable

## Addictive Behaviours

12<sup>th</sup> July – 17<sup>th</sup> September 2021



Community  
of Care



The Melbourne Clinic  
by Healthscope

## 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 currently running Monday, Wednesday and Friday from 9.20am – 3.00pm. Following assessment, participants must inform program and administration staff of the days they wish to attend to ensure there is availability.

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, psycho-education 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.

## 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 make change around interpersonal behaviours.

## Psycho-Education

Each day of program, a different educational topic will be offered. The program will include groups developed on evidence based theories including trauma frameworks, DBT, ACT, CBT and motivational interviewing.

## Individual Review

If clients require further individual support, this will be discussed further within the Addictive Behaviours team. Individual sessions will include 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 Day Programs on **8416 3800**.

## Addictive Behaviours Program

Monday 5<sup>th</sup> July

SECOND WEEK OF SCHOOL HOLIDAYS  
PROGRAM BREAK

Wednesday 7<sup>th</sup> July

PROGRAM BREAK

Friday 9<sup>th</sup> July

PROGRAM BREAK

## Addictive Behaviours Program

Monday 12<sup>th</sup> July

Day Group

9.20am – 10.00am	Mindfulness – Ramtin
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10.00am – 11.00am	Check in
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Break

11.10am – 12.45pm	Interpersonal Group Therapy
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Break

1.15pm – 3.00pm	Psycho-Education: SMART Goals Ramtin / Spike
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Wednesday 14<sup>th</sup> July

Day Group

9.20am – 10.00am	Mindfulness – Celeste
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10.00am – 11.00am	Check in
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Break

11.10am – 12.45pm	Interpersonal Group Therapy
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Break

1.15pm – 3.00pm	Psycho-Education: Behaviour Chain Analysis Ash / Celeste
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Friday 16<sup>th</sup> July

Day Group

9.20am – 10.00am	Mindfulness – Celeste
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10.00am – 11.00am	Check in
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Break

11.10am – 12.45pm	Interpersonal Group Therapy
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Break

1.15pm – 3.00pm	Psycho-Education: Exposure Therapy Marco / Celeste
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## Addictive Behaviours Program

Monday 19 <sup>th</sup> July	
Day Group	
9.20am – 10.00am	Mindfulness – Spike
10.00am – 11.00am	Check in
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Building a Healthy Routine Ramtin / Nat

  

Wednesday 21 <sup>st</sup> July	
Day Group	
9.20am – 10.00am	Mindfulness – Ash
10.00am – 11.00am	Check in
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Recovering from Invalidation Celeste / Ash

  

Friday 23 <sup>rd</sup> July	
Day Group	
9.20am – 10.00am	Mindfulness – Nat
10.00am – 11.00am	Check in
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Utilising Groups Marco / Spike

## Addictive Behaviours Program

Monday 26 <sup>th</sup> July	
NO DAY PROGRAM	

  

Wednesday 28 <sup>th</sup> July	
Day Group	
9.20am – 10.00am	Mindfulness – Reuben
10.00am – 11.00am	Check in
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Skills for Dropping Anchor Reuben / Marco

  

Friday 30 <sup>th</sup> July	
Day Group	
9.20am – 10.00am	Mindfulness – Marco
10.00am – 11.00am	Check in
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Loneliness Nat / Annie

## Addictive Behaviours Program

Monday 2 <sup>nd</sup> August	
Day Group	
9.20am – 10.00am	Mindfulness – Sheke
10.00am – 11.00am	Check in
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Working Hard or Working Smart Spike / Nat

  

Wednesday 4 <sup>th</sup> August	
Day Group	
9.20am – 10.00am	Mindfulness – Marco
10.00am – 11.00am	Check in
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Skills for Soothing the Nervous System Reuben / Roselie

  

Friday 6 <sup>th</sup> August	
Day Group	
9.20am – 10.00am	Mindfulness – Spike
10.00am – 11.00am	Check in
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Communication Styles Nat / Spike

## Addictive Behaviours Program

Monday 9 <sup>th</sup> August	
Day Group	
9.20am – 10.00am	Mindfulness – Ramtin
10.00am – 11.00am	Check in
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Self-Compassion Sheke / Ramtin

  

Wednesday 11 <sup>th</sup> August	
Day Group	
9.20am – 10.00am	Mindfulness – Spike
10.00am – 11.00am	Check in
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Emotional Regulation Marco / Celeste

  

Friday 13 <sup>th</sup> August	
Day Group	
9.20am – 10.00am	Mindfulness – Annie
10.00am – 11.00am	Check in
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Understanding Trust Celeste / Effie

## Addictive Behaviours Program

Monday 16 <sup>th</sup> August	
Day Group	
9.20am – 10.00am	Mindfulness – Spike
10.00am – 11.00am	Check in
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: What is your Breath Shape? Sheke / Spike
Wednesday 18 <sup>th</sup> August	
Day Group	
9.20am – 10.00am	Mindfulness – Celeste
10.00am – 11.00am	Check in
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Assertiveness Marco / Reuben
Friday 20 <sup>th</sup> August	
Day Group	
9.20am – 10.00am	Mindfulness – Nat
10.00am – 11.00am	Check in
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Finding Strength in my Story Celeste / Effie

## Addictive Behaviours Program

Monday 23 <sup>rd</sup> August	
Day Group	
9.20am – 10.00am	Mindfulness – Nat
10.00am – 11.00am	Check in
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Window of Tolerance Nat / Ramtin
Wednesday 25 <sup>th</sup> August	
Day Group	
9.20am – 10.00am	Mindfulness – Reuben
10.00am – 11.00am	Check in
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Boundaries Roselie / Celeste
Friday 27 <sup>th</sup> August	
Day Group	
9.20am – 10.00am	Mindfulness – Marco
10.00am – 11.00am	Check in
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Stages of Addiction Effie / Celeste

## Addictive Behaviours Program

Monday 30 <sup>th</sup> August	
Day Group	
9.20am – 10.00am	Mindfulness – Sheke
10.00am – 11.00am	Check in
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Stress and Stress Management Nat / Spike
Wednesday 1 <sup>st</sup> September	
Day Group	
9.20am – 10.00am	Mindfulness – Marco
10.00am – 11.00am	Check in
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Self-Sabotage Roselie / Reuben
Friday 3 <sup>rd</sup> September	
Day Group	
9.20am – 10.00am	Mindfulness – Celeste
10.00am – 11.00am	Check in
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Diet Myths Spike / Marco

## Addictive Behaviours Program

Monday 6 <sup>th</sup> September	
Day Group	
9.20am – 10.00am	Mindfulness – Ramtin
10.00am – 11.00am	Check in
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Most Common Topics in Addiction Effie / Nat
Wednesday 8 <sup>th</sup> September	
Day Group	
9.20am – 10.00am	Mindfulness – Spike
10.00am – 11.00am	Check in
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Improving the Moment Celeste / Marco
Friday 10 <sup>th</sup> September	
Day Group	
9.20am – 10.00am	Mindfulness – Annie
10.00am – 11.00am	Check in
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: What is a crisis and what are supports? Annie / Nat

## Addictive Behaviours Program

### Monday 13<sup>th</sup> September

#### Day Group

9.20am – 10.00am Mindfulness – Spike

10.00am – 11.00am Check in

#### Break

11.10am – 12.45pm Interpersonal Group Therapy

#### Break

1.15pm – 3.00pm Psycho-Education:  
Introduction to ACT (Hexaflex)  
Ramtin / Spike

### Wednesday 15<sup>th</sup> September

#### Day Group

9.20am – 10.00am Mindfulness – Celeste

10.00am – 11.00am Check in

#### Break

11.10am – 12.45pm Interpersonal Group Therapy

#### Break

1.15pm – 3.00pm Psycho-Education:  
Mind Hooks  
Reuben / Roselie

### Friday 17<sup>th</sup> September

#### Day Group

9.20am – 10.00am Mindfulness – Spike

10.00am – 11.00am Check in

#### Break

11.10am – 12.45pm Interpersonal Group Therapy

#### Break

1.15pm – 3.00pm Psycho-Education:  
What is the CAT team?  
Annie / Spike







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