

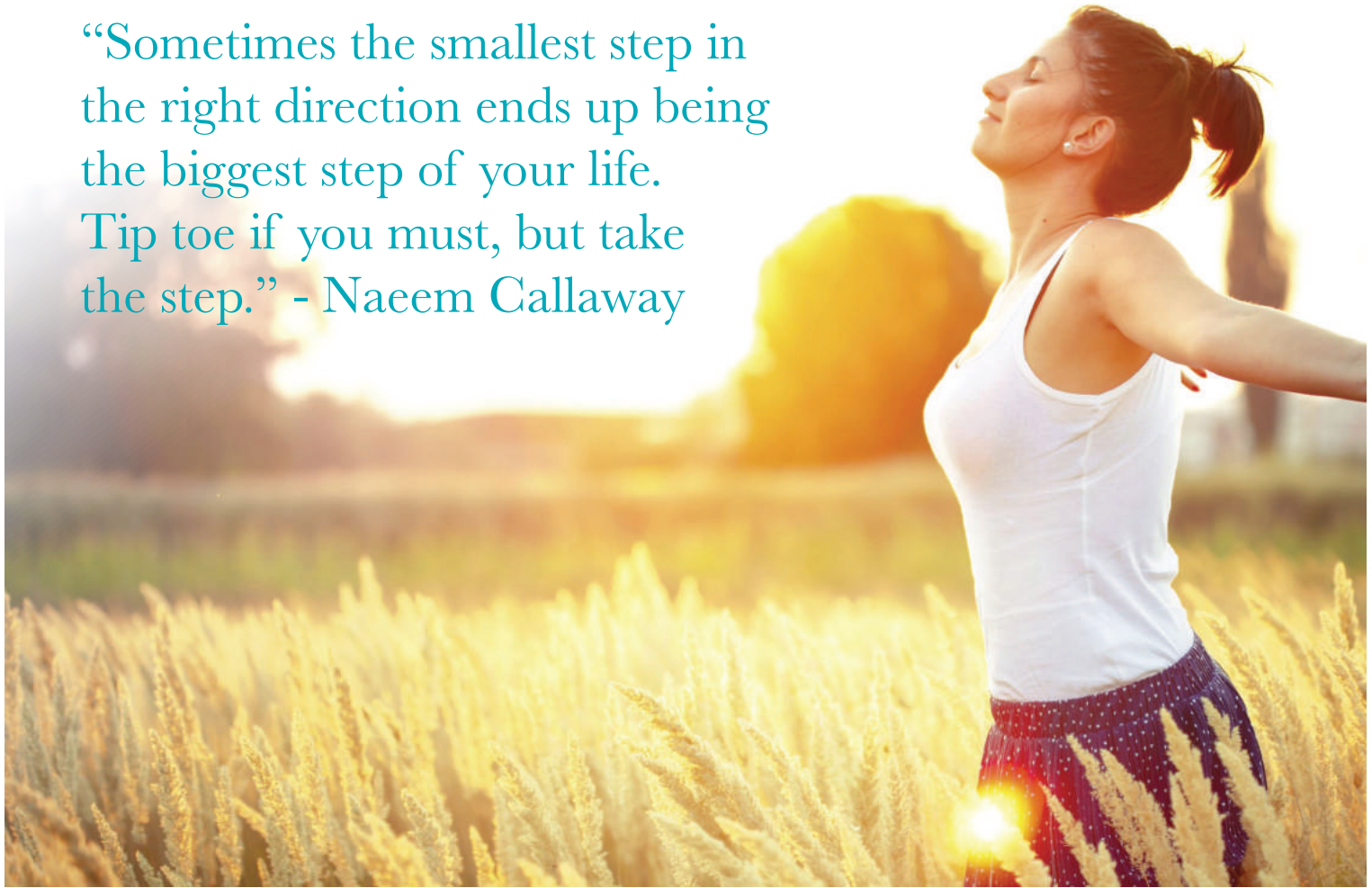


The Melbourne Clinic

Day Programs

Information for patients, carers, family and support persons

“Sometimes the smallest step in
the right direction ends up being
the biggest step of your life.
Tip toe if you must, but take
the step.” - Naeem Callaway



General Information

Day Programs at The Melbourne Clinic offer treatment through evidence based group sessions, facilitated by qualified multidisciplinary mental health professionals.

Day Programs will assist clients with:

- Information, skills and support to enhance mental health recovery
- The transition period immediately following an inpatient admission via our Optimal Health Program
- Clinical pathways to support recovery, enhance functioning and facilitate personal growth to prevent admission/readmission.

Note:

- If you are interested in attending our Day Programs, a referral needs to be obtained from your doctor to The Melbourne Clinic
- Upon referral from an accredited psychiatrist at The Melbourne Clinic, an assessment will be booked to determine the best clinical pathway
- On-going management continues with the treating psychiatrist, making this an ideal shared care arrangement
- Private health insurance is recommended
- WorkSafe compensation also covers some programs
- Group sizes are 8-13 people. Groups will not be able to proceed with less than eight participants.

Diversity and Inclusion

Facilitators

The staff are trained allied health professionals including psychologists, occupational therapists, social workers, nurses, psychiatrists and exercise physiologists.

**For further information or to schedule an assessment, please contact:
Day Program Intake (03) 8416 3800.**

At The Melbourne Clinic we deliver Patient Centred Care; health care that is respectful of, and responsive to, the preferences, needs and values of patients. Our programs and care are based on the recovery model.

The Melbourne Clinic embodies an inclusive service. We are dedicated to providing services that are culturally sensitive and aware. We understand and are accepting of diversity in identity. We acknowledge the critical role that family and friends play in the lives of our patients and offer support and advice to assist them during their loved ones recovery.

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Acceptance and Commitment Therapy (ACT) Foundations

Who

This program is designed for adults with a range of mental health diagnoses. The ACT Program includes two phases; ACT Foundations Program and a 12 month optional ACT For Life Program.

Content

Participants will take part in Acceptance and Commitment Therapy (ACT) in a group setting, where they will be assisted in:

- Bringing awareness to the ways in which we attempt to avoid uncomfortable thoughts and feelings which then create more suffering
- Developing mindfulness skills, the ability to be in the present moment, and to focus attention
- Learning cognitive techniques, to change the way they relate to the thoughts we experience
- Identifying personal values and understanding what really matters to us
- Developing strategies to assist in heading toward building a life of meaning.



Acceptance and Commitment Therapy (ACT) For Life

Who

This program is designed for individuals who have completed the 10 week ACT Foundations Program and who would benefit from support in utilising the principles of ACT to create ongoing change in their lives.

The ACT follow up group is designed to assist participants in:

- Deepening their understanding of ACT principals
- Integrating ACT skills learned into their lives
- Developing and maintaining regular mindfulness practice
- Maintaining committed action toward valued life direction.

Criteria for attendance

- Willingness to use all of the ACT principals
- Completion of the 10 week ACT Foundations Program
- It is expected that participants will set long term valued life direction goals and use the group support to move toward these goals.



An Arts Based Approach to Acceptance and Commitment Therapy

Who

This program utilises experiential arts based methods to extend participants understanding of the principles of ACT and to integrate and individualise their therapeutic insights and growth.

Content:

- The process is mindfulness based and trains participants to observe internal experiences and patterns of behaviour
- Each session utilises education and discussion about the principals of ACT as an access point for individual exploration and meaning making
- Sessions conclude with values based goal setting in accordance with insights arising for individual participants through the work of the day
- The art therapy process involves cycles of expansion and exploration utilising expressive arts, writing and therapeutic conversation to explore participant's experience, then reduction of this material down to core meaning and values.
- Utilising arts based methods enables participant's insight into the subtleties of their emotional and cognitive experiencing and barriers to change in a manner which enhances freedom of movement toward values.

“Sometimes you will never know the value of a moment until it becomes a memory.” - Dr Seuss

Addictive Behaviours

Who

This program is designed for individuals who experience problems with misuse of alcohol, drugs or gambling, and who are interested in maintaining or working toward abstinence.

Content:

The program involves:

- Information relating to addiction and other conditions that co-exist with addiction such as depression and anxiety
- Development of coping skills to manage cravings and high risk situations
- Developing self - awareness, insight and mindfulness skills
- Making and maintaining lifestyle change
- Developing appropriate relaxation techniques
- Support therapy - providing an opportunity to speak openly in a safe environment, supporting and being supported by group members
- Relapse prevention.

Eating Disorders

Who

The program treats individuals with eating disorders and is designed to promote recovery of physical and emotional wellbeing in a supportive environment.

Content:

The program aims to:

- Provide a comprehensive service for eating disorder patients
- Provide an integrated transitional program for inpatient and outpatient treatment
- Provide treatment with minimal disruption to daily living and social networks
- Provide a range of skills to enable patients to manage a healthy weight range.

Managing Bi-Polar Disorder

Who

This program is designed for individuals diagnosed with Bi-Polar I or Bi-Polar II Disorders.

Content:

- Early warning signs
- Identifying triggers
- Impact of stress
- Medication and stress prevention
- Facilitated peer support.



Optimal Health Program (OHP)

Who

This program is developed for people who have had a recent inpatient stay at The Melbourne Clinic to support their discharge, or people wishing to increase their support who have not had an inpatient stay.

OHP's Six Sessions:

- Optimal Health
- Factors of Wellbeing
- Building Health Plans
- I-Can-Do Model
- Visioning and Goal Setting
- Family and Friends Session.

During the program participants will:

- Reflect on their own wellbeing
- Identify their strengths and strategies
- Learn to recognise early warning signs of stress and develop partnerships with others as a strategy to optimise their health
- Vision achieving goals and celebrating success at each step
- Develop health plans which include strategies to maintain wellbeing.

Mindful Self Compassion (MSC)

Who

This program is designed for people with a history of mood and/or anxiety disorders and difficulties stemming from low self-worth/self-critical thoughts.

Content:

Increased self-compassion has been shown to be effective at reducing anxiety and depression (McBeth and Gumly 2012) and is associated with emotional intelligence, wisdom, life satisfaction, and feelings of social connectedness, all important elements of a meaningful life (Neff, 2003a; Neff, Pisitsungkagarn, & Hsieh, 2008).

This 10 week program draws from both Mindful Self-Compassion (Neff and Germer) and Compassion-Focused therapy (Gilbert). Using mindfulness practices focused on the heart, participants are supported to nourish a kinder relationship with themselves, tame their inner critic and work with the powerful emotion of shame.



Deepening Mindfulness

Who

This program is open to individuals who have completed a day program where Mindfulness was a core component.

Content:

Deepening Mindfulness is a monthly group offered by day programs to enable participants to extend and deepen their mindfulness practice. Drawing from the extensive evidence base for the effectiveness of mindfulness for a wide range of mental health problems, Deepening Mindfulness offers an opportunity to:

- Practice mindfulness regularly in a group setting
- Contribute to rich discussion regarding our connection with mindful ways of living
- Explore the cognitive, emotional and spiritual benefits of mindfulness
- Explore a specific topic related to mindfulness; topics taught in 2018 include: gratitude, self-compassion, mindfulness and the self, happiness, working with judgment and radical acceptance.

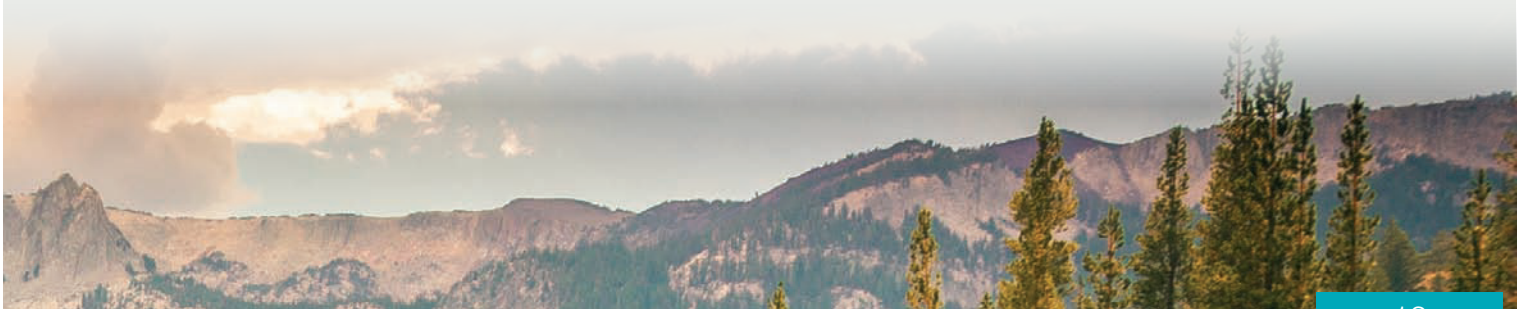
Anxiety and Depression Management

Who

This Cognitive Behaviour Therapy (CBT) based program is designed for individuals impacted by anxiety and depression.

Content:

- Understanding the cognitive, physiological, emotional, behavioural, and neurobiological components of anxiety and depression
- Skills for managing the physical symptoms of anxiety and depression
- Learning mindfulness skills to improve awareness of unhelpful thinking patterns as well as increasing the capacity to live in the present moment
- Learning skills for exposure to anxiety to reduce behavioural avoidance
- Skills to step back from and/or challenge unhelpful thoughts
- Learning how to better manage perfectionism and communicate assertively
- Life management skills: how to balance and manage stressors
- Enhance recovery and relapse prevention.



Dialectical Behavioural Therapy (DBT)

Who

Dialectical Behaviour Therapy (DBT) is a well-established treatment designed to stabilise a range of symptoms which might include emotion dys-regulation, relationship difficulties, or high levels of distress. The DBT program includes two phases, the DBT Foundations Group and DBT Skills Training.

Content

This program aims to help people regulate their emotions and disengage from dangerous and therapeutic interfering behaviours by enhancing skills in:

- Core Mindfulness
- Distress Tolerance
- Emotional Regulation
- Interpersonal Effectiveness.

Program Structure

1. DBT Foundations Group

DBT Foundations group is designed to prepare and orient participants to the DBT treatment. This involves learning about the components and structure of DBT, the challenges involved, and how to prepare for them. In addition, participants are guided to connect to values and set goals to work towards.

Duration: The program is eight weeks in length and consists of weekly group sessions. Attendance is prerequisite for entry into the 12 month DBT Skills Training component.

2. DBT Skills Training

12 month program delivered in three 14 week modules.

There are three components of this treatment including:

- Weekly DBT Skills Training groups, which introduce the sets of DBT skills
- Weekly individual DBT sessions with a DBT therapist
- Skills phone coaching (as required between 8:30am - 4:00pm Monday to Friday).



Supporting Trauma and Recovery (STAR)

Who

This program is designed for people who are experiencing significant and ongoing emotional and interpersonal problems due to having experienced difficult circumstances or painful traumatic experiences in their past. The STAR program is informed by evidence-based treatments and provides skills training and an opportunity to process traumatic experiences.

Content

The program aims to help people enhance their quality of life by:

- Improving emotion regulation skills
- Improving relationship skills
- Clarifying and developing one's sense of self
- Processing and moving forward from trauma
- Letting go of unhelpful beliefs.

Program Structure

The program includes two phases:

1. Safety and Stabilisation
2. STAR treatment component.

Safety and Stabilisation Group (weekly group sessions over 12 weeks)

The initial component of the STAR program is a 12 week Safety and Stabilisation group which presents skills to help people manage distress more effectively. Strategies introduced include mindfulness, grounding, self-soothing, and self-compassion skills.

This program also aims to increase clients understanding of their symptoms by providing education about how and why post-traumatic symptoms emerge following trauma.

This is a prerequisite before completing the STAR treatment component.

STAR Treatment

There are two components of this treatment including:

- Weekly Skills Training groups combining DBT, cognitive-behavioural, and mindfulness based approaches

The program is structured as three modules:

- Managing Emotions
 - Improving Relationships
 - Sense of Self
- Weekly individual therapy sessions to allow for a tailored approach to treatment and an opportunity to process traumatic experiences.



Post-Traumatic Stress Disorder (PTSD)

and

Post Traumatic Stress Disorder (PTSD) for Emergency Service workers

Who

This program is for individuals who are experiencing symptoms of Post-Traumatic Stress Disorder (PTSD). A specific PTSD Program is available for Emergency Service workers.

Program Structure

The program consists of two days per week of group therapy.

Group Therapy

- Two days of group therapy per week that are back-to-back days
- Psychoeducational and skills based
- Informed by recommended treatment guidelines and evidence for PTSD recovery.

Program Content

- Skills for managing symptoms of PTSD
- Skills for managing depression and anxiety
- Anger management skills
- Distress tolerance skills such as grounding and mindfulness
- Skills for managing urges to address substance abuse
- Vocational skills and return to work planning
- Cognitive processing of impact of trauma
- Skills for reducing behavioural avoidance
- Skills for managing unhelpful patterns of thinking
- Medications used in PTSD
- Memory and cognitive issues in PTSD
- Family and Relationship issues in PTSD.

ADHD and Neurocognitive Skills

Who

This program is designed for people with symptoms of ADHD and Mental Health related Cognitive Changes and is facilitated by a neuropsychologist.

Content

- Neurocognitive education will focus on topics including attention, memory and executive functioning, as well as coping strategies, interpersonal relationships and life skills
- Group support will provide an opportunity for clients to discuss their experiences and cognitive issues in a supportive group environment
- Mindfulness therapy will focus on learning the principles of mindfulness and skills training and how to integrate these into everyday life.



“Perhaps the biggest tragedy of our lives is that freedom is possible, yet we can pass our years trapped in the same old patterns. We may want to love other people without holding back, to feel authentic, to breathe in the beauty around us, to dance and sing. Yet each day we listen to inner voices that keep our life small.” - Tara Brach

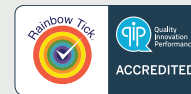




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V3_11/2018