

The Melbourne Clinic

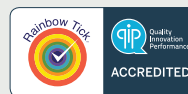
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A Healthscope hospital.

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The Melbourne Clinic

Emotional Management Program

Information for patients, carers,
family and support persons



Emotional Management Program at The Melbourne Clinic

The Emotional Management Program (EMP) is a four week adult inpatient program. The program is designed to help people develop skills to regulate their emotions, cope with relationship difficulties, and during periods of distress.

The treatment approach draws from the therapeutic principles of Dialectical Behaviour Therapy (DBT). Education sessions focus on enhancing skills in: Emotional Regulation, Distress Tolerance, Interpersonal Effectiveness, and Mindfulness.

It is a structured program. All groups are compulsory and attended across the Monday - Friday span throughout the four week admission. Twice weekly individual support sessions are also provided.



Who could benefit from the Emotional Management Program?

This program is most suitable for people who have experienced long-standing difficult emotions, or periods of distress that have impacted on their quality of life, relationships, and self-worth.

The program can also assist with impulsive, suicidal or self-harming behaviours by presenting alternative coping strategies.

This program is relevant to people with a range of concerns such as Borderline Personality traits, PTSD or trauma related experiences. Please note that this program is not a replacement of the outpatient DBT program.

Patients are offered:

- Education sessions
- Skill-based groups
- Mindfulness
- Art therapy
- Nutrition education
- Gentle exercise
- Discussion groups
- Individual support

The Treatment Team

The program takes a collaborative and multidisciplinary approach to treatment. The team is staffed by a team of dedicated professionals, including: Psychiatrists, Dietitians, Social Workers, Psychologists, Art Therapists, Exercise Physiologists, Mental Health trained Nursing staff, Medical Staff, and Occupational Therapists.

Day Programs and Outreach

Your doctor can make a referral to Outreach (individual home-based support) or to the Day Program if these services are deemed to be valuable to your ongoing care.

Referral process

To apply for the program your doctor will need to send a referral to intake at The Melbourne Clinic. Once this has been received you will be placed on a waitlist for the next available program.

You will be contacted by a member of the EMP team to do a screening for suitability and answer any questions you have about the program.

Please contact The Melbourne Clinic intake on 03 9420 9340 for questions about referrals or to discuss the requirements of the program.