

The Treatment Team

These programs take a collaborative and multidisciplinary approach to treatment and includes Social Workers, Psychologists, Occupational Therapists, Nursing staff, Dietitians, Psychiatrists, Art and Music Therapists, and Medical Staff.

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 following discharge.

To find out more about the day programs on offer at The Melbourne Clinic, scan the QR code to visit our website.



Referral process

Please discuss referrals with your doctor or contact The Melbourne Clinic intake on 03 9420 9340 for questions about referrals or to discuss requirements of these programs.

You will be contacted by a member of the team to do an assessment for suitability and readiness, as well as answer any questions you may have.



Emotion Management Programs

Information for patients, carers, family and support persons



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Community
of Care

 The Melbourne Clinic
by Healthscope

Emotion Management Program at The Melbourne Clinic

The Emotion Management Programs are designed to help people develop skills to manage intense emotions, learn alternative coping strategies for problem behaviours, and cope with relationship difficulties.

The treatment approach draws from the therapeutic principles of Dialectical Behaviour Therapy (DBT).

Sessions focus on teaching skills in:

Mindfulness: a new activity every day to learn how to do mindfulness and to find one that suits

Distress Tolerance: learning how to manage intense emotions without making things worse

Interpersonal Effectiveness: improving skills in communication and managing relationships

Emotion Regulation: understanding emotions, how to respond to strong feelings and learning how to build a life worth living

Who could benefit from the Emotion Management Programs?

These programs are most suitable for people with a range of concerns, such as long-standing difficulty regulating emotions or coping with periods of distress, Borderline Personality Disorder/trait, complex PTSD, or trauma related experiences. These difficulties may impact on quality of life, relationships, and self-worth.

The Structure of the Emotion Management Programs

The Emotion Management Programs are structured inpatient group programs with a focus on skill development. Participants are required to attend all groups across the Monday - Friday span throughout their admission. Twice weekly 30-minute individual support sessions are also provided.

Emotion Management Program (EMP)

The Emotion Management Program (EMP) is a four-week intensive inpatient program for individuals 21 years and older. Participants engage in learning the skills taught through the group sessions.

EMP Timetable example

9:00-9:30 am. Skills review
(from the homework set the previous day)

9:30-10:00 am. Mindfulness

10:30-12:00 pm. DBT Skills Session

1:00-2:30 pm. Additional DBT skills session
or Music Therapy (fortnightly)/Art Therapy/
Mindful Movement (weekly)

All patients receive twice weekly 30-minute individual sessions with a group facilitator.

Young Adults Emotion Management Program (YAEMP)

The Young Adults Emotion Management Program (YAEMP) is a two-week structured inpatient program suitable for young adults aged 17-21 years. This program seeks to involve parent/carers and includes a communication assessment conducted with the participant and a parent/carer prior to admission.

There are weekly parent/carer information sessions during the program which aim to provide an opportunity to learn about the program and receive support.

YAEMP Timetable example

9:00-9:30 am. Mindfulness

9:30-10:00 am. Skills review (from the skills practice set the previous day)

10:30-12:00 pm. DBT Skills session

1:30-2:30 pm. Music Therapy (fortnightly) Art Therapy/
Occupational Therapy (weekly)

All patients receive twice weekly 30-minute individual sessions with a group facilitator.

