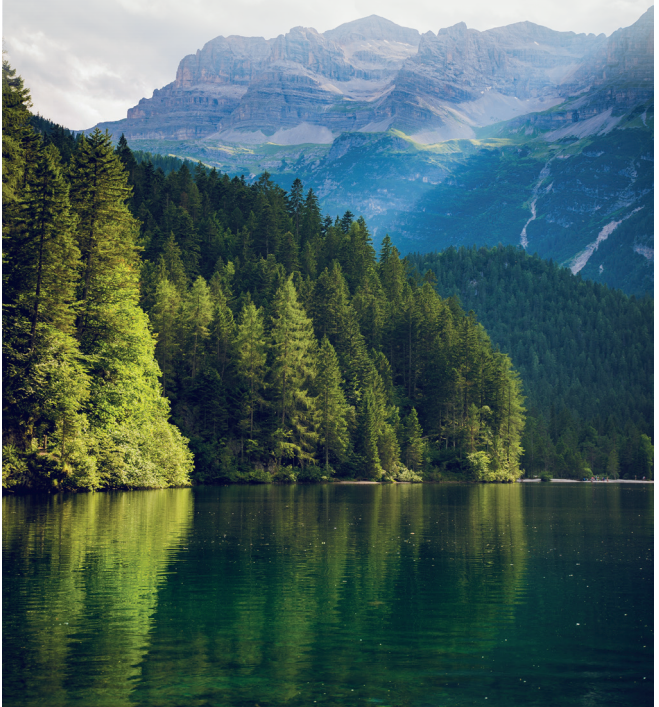




The Melbourne Clinic

Day Program Timetable  
Addictive Behaviours

18<sup>th</sup> November 2019 – 21<sup>st</sup> February 2020



## 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.

On Monday (day), Wednesday (day) and Friday (day), the program is open and individuals can enter at any time following assessment. 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 fortnightly for example.

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, 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, develop self-acceptance and self-compassion, and 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 develop skills and make change around interpersonal behaviours.

### **Psycho - Education**

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

## Individual Review

If clients require further individual support, this will be discussed within the Addictive Behaviours team. Individual sessions will include reviewing challenges in groups, 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  
The Melbourne Clinic  
Day Programs on 8416 3800  
or the Allied Health team  
on 9420 9213.**

# Addictive Behaviours Program

Monday 18<sup>th</sup> November

Day Group

BREAK – NO DAY GROUP

Wednesday 20<sup>th</sup> November

Day Group

BREAK – NO DAY GROUP

Friday 22<sup>nd</sup> November

Day Group

9.20–9.45	Mindfulness – Charlotte
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Codependent relationships and addiction - Charlotte

# Addictive Behaviours Program

Monday 25<sup>th</sup> November

## Day Group

9.20–9.45	Mindfulness – Spike
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Self-compassion and cultivating gratitude - Bec

Wednesday 27<sup>th</sup> November

## Day Group

9.20–9.45	Mindfulness – Celeste
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Challenging our self-critic - Ash

Friday 29<sup>th</sup> November

## Day Group

9.20–9.45	Mindfulness – Natalie
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Social anxiety - Marco

# Addictive Behaviours Program

Monday 2<sup>nd</sup> December

## Day Group

9.20–9.45	Mindfulness – Bec
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Self-care - Ash

Wednesday 4<sup>th</sup> December

## Day Group

9.20–9.45	Mindfulness – Ash
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Emotions in the body - Karolina

Friday 6<sup>th</sup> December

## Day Group

9.20–9.45	Mindfulness – Celeste
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Ending relationships - Celeste

# Addictive Behaviours Program

Monday 9<sup>th</sup> December

## Day Group

9.20–9.45	Mindfulness – Celeste
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Worry - Karolina

Wednesday 11<sup>th</sup> December

## Day Group

9.20–9.45	Mindfulness – Spike
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Assertiveness - Roselie

Friday 13<sup>th</sup> December

## Day Group

9.20–9.45	Mindfulness – Spike
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education The do's and dont's of resistance training - Spike



# Addictive Behaviours Program

Monday 16<sup>th</sup> December

## Day Group

9.20–9.45	Mindfulness – Ash
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Make fear your friend - Effie

Wednesday 18<sup>th</sup> December

## Day Group

9.20–9.45	Mindfulness – Karolina
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education How addiction impacts our well-being - Spike

Friday 20<sup>th</sup> December

## Day Group

9.20–9.45	Mindfulness – Natalie
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Zones of regulation - Natalie

# Addictive Behaviours Program

Monday 23<sup>rd</sup> December

## Day Group

9.20–9.45	Mindfulness – Bec
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Preparing for Christmas - Celeste

Wednesday 25<sup>th</sup> December

## Day Group

CHRISTMAS DAY – NO DAY GROUP

Friday 27<sup>th</sup> December

## Day Group

BREAK – NO DAY GROUP

# Addictive Behaviours Program

Monday 30<sup>th</sup> December

Day Group

BREAK – NO DAY GROUP

Wednesday 1<sup>st</sup> January

Day Group

NEW YEARS DAY – NO DAY GROUP

Friday 3<sup>rd</sup> January

Day Group

BREAK – NO DAY GROUP

# Addictive Behaviours Program

Monday 6<sup>th</sup> January

Day Group

BREAK – NO DAY GROUP

Wednesday 8<sup>th</sup> January

Day Group

9.20–9.45

Mindfulness – Effie

9.45–10.30

Check In / Reflections

Break

10.30–12.30

Interpersonal Group Therapy

Break

1.00–3.00

Psycho - Education  
Neuroplasticity - Marco

Friday 10<sup>th</sup> January

Day Group

BREAK – NO DAY GROUP

# Addictive Behaviours Program

Monday 13<sup>th</sup> January

## Day Group

9.20–9.45	Mindfulness – Spike
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Neurobiology of relationships - Spike

Wednesday 15<sup>th</sup> January

## Day Group

9.20–9.45	Mindfulness – Celeste
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Staying grounded in challenging situations - Reuben

Friday 17<sup>th</sup> January

## Day Group

9.20–9.45	Mindfulness – Charlotte
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Addiction and trauma - Charlotte

# Addictive Behaviours Program

Monday 20<sup>th</sup> January

## Day Group

9.20–9.45	Mindfulness – Celeste
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education States of mind - Bec

Wednesday 22<sup>nd</sup> January

## Day Group

9.20–9.45	Mindfulness – Ash
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Appropriate disclosure - Celeste

Friday 24<sup>th</sup> January

## Day Group

9.20–9.45	Mindfulness – Spike
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education You are not your diagnosis – Marco / Celeste

# Addictive Behaviours Program

Monday 27<sup>th</sup> January

Day Group

BREAK – NO DAY GROUP

Wednesday 29<sup>th</sup> January

Day Group

9.20–9.45

Mindfulness – Karolina

9.45–10.30

Check In / Reflections

Break

10.30–12.30

Interpersonal Group Therapy

Break

1.00–3.00

Psycho - Education  
Intimacy in relationships - Ash

Friday 31<sup>st</sup> January

Day Group

9.20–9.45

Mindfulness – Celeste

9.45–10.30

Check In / Reflections

Break

10.30–12.30

Interpersonal Group Therapy

Break

1.00–3.00

Psycho - Education  
Pros / Cons of substance use -  
Natalie

# Addictive Behaviours Program

## Monday 3<sup>rd</sup> February

### Day Group

9.20–9.45	Mindfulness – Ash
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Values and avoidant behaviours -Ash

## Wednesday 5<sup>th</sup> February

### Day Group

9.20–9.45	Mindfulness – Spike
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Gratitude - Karolina

## Friday 7<sup>th</sup> February

### Day Group

9.20–9.45	Mindfulness – Natalie
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Let's talk about gender - Effie / Spike



# Addictive Behaviours Program

## Monday 10<sup>th</sup> February

### Day Group

9.20–9.45	Mindfulness – Bec
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Transactional analysis - Karolina

## Wednesday 12<sup>th</sup> February

### Day Group

9.20–9.45	Mindfulness – Marco
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Identity vs role confusion - Effie

## Friday 14<sup>th</sup> February

### Day Group

9.20–9.45	Mindfulness – Charlotte
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Alternative rebellion - Celeste

# Addictive Behaviours Program

Monday 17<sup>th</sup> February

## Day Group

9.20–9.45	Mindfulness – Spike
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Managing conflict - Celeste

Wednesday 19<sup>th</sup> February

## Day Group

9.20–9.45	Mindfulness – Ash
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Guide to healthy eating - Spike

Friday 21<sup>st</sup> February

## Day Group

9.20–9.45	Mindfulness – Spike
9.45–10.30	Check In / Reflections
Break	
10.30–12.30	Interpersonal Group Therapy
Break	
1.00–3.00	Psycho - Education Using values in recovery - Effie





Main entrance  
The Melbourne Clinic  
Day Program  
15/2 Bromham Place



## The Melbourne Clinic

15/2 Bromham Place  
Richmond VIC 3121

Phone: 03 8416 3800 | Fax: 03 8416 3888

[www.themelbourneclinic.com.au](http://www.themelbourneclinic.com.au)



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