

Day Program Timetable

Addictive Behaviours

18th January – 19th March 2021



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 18 th January	
Day Group	
9.20am – 10.00am	Mindfulness – Bec
10.00am – 11.00am	Check In / Reflections
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Schema Therapy Nat / Bec

Wednesday 20 th January	
Day Group	
9.20am – 10.00am	Mindfulness – Celeste
10.00am – 11.00am	Check In / Reflections
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Strategies – breathing, meditation, tapping, grounding Roselie / Julie

Friday 22 nd January	
Day Group	
9.20am – 10.00am	Mindfulness – Celeste
10.00am – 11.00am	Check In / Reflections
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Anxiety and Depression Marco / Celeste

Addictive Behaviours Program

Monday 25 th January	
NO GROUPS	

Wednesday 27 th January	
Day Group	
9.20am – 10.00am	Mindfulness – Marco
10.00am – 11.00am	Check In / Reflections
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Trusting Relationships vs. Trusting Substances Celeste / Ash

Friday 29 th January	
Day Group	
9.20am – 10.00am	Mindfulness – Marco
10.00am – 11.00am	Check In / Reflections
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: What is Therapy? Effie / Celeste

Addictive Behaviours Program

Monday 1 st February	
Day Group	
9.20am – 10.00am	Mindfulness – Spike
10.00am – 11.00am	Check In / Reflections
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Healthy Body, Healthy Mind Spike / Nat

Wednesday 3 rd February	
Day Group	
9.20am – 10.00am	Mindfulness – Spike
10.00am – 11.00am	Check In / Reflections
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Managing Difficult Emotions Celeste / Ash

Friday 5 th February	
Day Group	
9.20am – 10.00am	Mindfulness – Spike
10.00am – 11.00am	Check In / Reflections
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Cope Ahead with Common Triggers Julie / Celeste

Addictive Behaviours Program

Monday 8 th February	
Day Group	
9.20am – 10.00am	Mindfulness – Nat
10.00am – 11.00am	Check In / Reflections
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Dietary Myths Spike / Nat

Wednesday 10 th February	
Day Group	
9.20am – 10.00am	Mindfulness – Ash
10.00am – 11.00am	Check In / Reflections
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Avoidance Loop Ash / Celeste

Friday 12 th February	
Day Group	
9.20am – 10.00am	Mindfulness – Celeste
10.00am – 11.00am	Check In / Reflections
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Emotions Nat / Julie

Addictive Behaviours Program

Monday 15 th February	
Day Group	
9.20am – 10.00am	Mindfulness – Bec
10.00am – 11.00am	Check In / Reflections
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: What is self-compassion? Bec / Spike

Wednesday 17 th February	
Day Group	
9.20am – 10.00am	Mindfulness – Celeste
10.00am – 11.00am	Check In / Reflections
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Life Traps Ash / Celeste

Friday 19 th February	
Day Group	
9.20am – 10.00am	Mindfulness – Nat
10.00am – 11.00am	Check In / Reflections
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Effective Communication Nat / Spike

Addictive Behaviours Program

Monday 22 nd February	
Day Group	
9.20am – 10.00am	Mindfulness – Spike
10.00am – 11.00am	Check In / Reflections
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Assertiveness Skills Bec / Spike

Wednesday 24 th February	
Day Group	
9.20am – 10.00am	Mindfulness – Marco
10.00am – 11.00am	Check In / Reflections
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Big Five Personality Traits Marco / Ash

Friday 26 th February	
Day Group	
9.20am – 10.00am	Mindfulness – Celeste
10.00am – 11.00am	Check In / Reflections
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Open Forum Rachel / Effie

Addictive Behaviours Program

Monday 1 st March	
Day Group	
9.20am – 10.00am	Mindfulness – Nat
10.00am – 11.00am	Check In / Reflections
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Self-worth and self-esteem Roselie / Nat

Wednesday 3 rd March	
Day Group	
9.20am – 10.00am	Mindfulness – Spike
10.00am – 11.00am	Check In / Reflections
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Utilising ACT Marco / Julie

Friday 5 th March	
Day Group	
9.20am – 10.00am	Mindfulness – Marco
10.00am – 11.00am	Check In / Reflections
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Neuroplasticity Spike / Nat

Addictive Behaviours Program

Monday 8 th March	
PUBLIC HOLIDAY NO GROUPS	

Wednesday 10 th March	
Day Group	
9.20am – 10.00am	Mindfulness – Ash
10.00am – 11.00am	Check In / Reflections
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Happiness Roselie / Celeste

Friday 12 th March	
Day Group	
9.20am – 10.00am	Mindfulness – Nat
10.00am – 11.00am	Check In / Reflections
Break	
11.10am – 12.45pm	Interpersonal Group Therapy
Break	
1.15pm – 3.00pm	Psycho-Education: Stress Management and Reducing Vulnerability Julie / Marco



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