



The Melbourne Clinic

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A Healthscope hospital.

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The Melbourne Clinic

## Emotion Management Program

Information for patients, carers,  
family and support persons





## Emotion Management Program at The Melbourne Clinic

The Emotion Management Program (EMP) is a four week adult inpatient program. The program is designed to help people develop skills to manage intense emotions and cope with relationship difficulties.

The treatment approach draws from the therapeutic principles of Dialectical Behaviour Therapy (DBT). Education sessions focus on enhancing skills in: Emotion 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 Emotion Management Program?

This program is most suitable for people who experience difficulty managing emotions and coping with periods of distress. These difficulties may be impacting 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, complex PTSD or trauma related experiences. Please note that this program is not a replacement of the outpatient DBT program.

### Patients are offered:

- Skill-based groups
- Mindfulness
- Art therapy
- Nutrition education
- Physical Therapy/Mindful Movement
- Individual support.

### Benefits of the program include:

- Learning practical coping skills for every-day life
- Developing strategies that can be used when in a crisis
- Learning to identify and tolerate difficult emotions
- Exploring effective skills to use in relationships.

*“An opportunity to pursue a journey into wellness.”*

## The Treatment Team

The program takes a collaborative and multidisciplinary approach to treatment and includes 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 following discharge from EMP.

## 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 an assessment for suitability and readiness, as well as 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.