



The Melbourne Clinic

Day Program Timetable
Addictive Behaviours



Other Programs

Schema Therapy

Schema Therapy focuses on changing lifelong patterns and integrates best practice of cognitive behavioural, experiential, interpersonal, and psychoanalytic therapies under one umbrella.

This program is designed for participants with a primary diagnosis of depression or anxiety and/or other comorbid conditions whose issues are long-standing and have not been resolved after a course of Cognitive Behavioural Therapy (CBT).

Life with Pain

This program makes use of mindfulness techniques in assisting participants to manage chronic pain and thereby increase their quality of life.

Seeds of Wellness

This narrative therapy group uses creative methods to get you connected to your preferred stories of life and identity. It also allows you to explore problems as separate from you, highlighting skills and knowledge to influence problems.

Anxiety Management Program

This program is designed for individuals experiencing symptoms of stress and anxiety.

This program focuses on teaching stress and anxiety management skills and strategies.

Healthy Body, Healthy Mind

The aim of the program is to offer a holistic approach that encourages a better informed lifestyle and dietary choices to achieve the best health and

well being in people with psychiatric conditions. It runs weekdays during business hours.

Managing Depression Program

The program is designed to assist clients to understand the interactions between their mood and emotions and their thoughts, behaviours and general functioning, and to develop strategies to challenge self-defeating ways of thinking and behaving. The program runs weekdays during business hours.

Discovering Self Worth

This program runs on Mondays and is designed to break the sense of isolation which often accompanies poor self-worth. The program utilises Narrative therapy, Mindfulness, Arts Therapy, ACT and assertiveness training.

Adult Attention Deficit Hyperactivity Disorder (ADHD)

This program is designed for people diagnosed with ADHD and Related Disorders. Clients with difficulties of attention and concentration, impulsivity, hyperactivity and/or executive functioning dysregulation will benefit from this program.

STAR group program

This program is designed for people who have experienced trauma in their past, resulting in significant and on-going emotional and interpersonal difficulties. It is best suited for people who are interested in making a long-term commitment to improving the management of their trauma-related symptoms.

Acceptance and Commitment Therapy (ACT)

The program consists of a 10 week foundation course and a Follow-Up group focussing on creating and maintaining change.

Addictive Behaviours Program

This program is designed for individuals, who experience problems with misuse of alcohol and/or drugs. People with other addictions will benefit from this program too. It runs three days per week, both during business and evening hours.

Creative Arts Therapy

It is designed for participants who are interested in increasing insight and creating change, and who are open to using creative expression as the beginning point for therapeutic self exploration. This is an open group run on weekdays during working hours.

Eating Disorders Day Program

This group program is held Monday to Friday 9.00am till 3.00pm.

Mindfulness Based Cognitive Therapy (MBCT)

This 10-week group program is held Thursdays 9.00am-3.00pm.

Deepening Mindfulness – NEW

A monthly group held on a Saturday focussing on a variety of topics aimed at deepening and extending mindfulness skills.

Carer Session

This is a chance to come along with your carer, family member or friend and explore what it is to

have a mental illness and being a carer together. Carer must be accompanied by a patient that has attended at least one of the Day Programs.

Managing Bi-Polar Disorder

This is a 10-12 week program on offer as an evening program. It provides skills and strategies to be able to manage the Bipolar illness more effectively.

Dialectical Behaviour Therapy (DBT)

This program is a comprehensive treatment program coming mindfulness-based and cognitive-behavioural interventions. Participation involves weekly skills training groups and individual therapy for 12 months.

**For further information please contact
Day Program Intake on (03) 8416 3800**

Codes Within Timetable

DBT - Dialectical Behavioural Therapy principles

CBT - Cognitive Behavioural Therapy principles

IT - Interpersonal Therapy principles

ACT - Acceptance and Commitment Therapy principles

FT - Family Therapy principles
(Systems approach)

SB - Strength Based approaches

SFT - Solution Focused Therapy principles

MI - Motivational Interviewing principles

Addictive Behaviours Program

Monday 31st October

Evening Group

MELBOURNE CUP
LONG WEEKEND

Wednesday 2nd November

Day Group

9.00 - 9.45

Mindfulness in practice

9.45 - 10.00

Morning tea

10.00 - 11.45

Interpersonal Group Therapy
Open and closed groups

11.45 - 12.30

Lunch

12.30 - 2.30

Your choice point - Reuben

2.30 - 3.00

Individual review (by appointment)

Friday 4th November

Day Group

9.30 - 10.30

Mindfulness practice and
discussion

Morning tea

10.30 - 12.00

Support Therapy

12.00 - 12.30

Lunch

12.30 - 2.00

Interpersonal Group Therapy
Open group

2.00 - 3.00

Relaxation/Stress Management

Addictive Behaviours Program

Monday 7th November

Evening Group

4.30 - 5.00	Individual review and follow-up (by appointment)
5.00 - 5.30	Mindfulness
5.30 - 6.30	Is addiction a disease or biochemical illness? - Spike Closed group only
6.30 - 7.00	Dinner
7.00 - 8.30	Interpersonal Group Therapy Closed groups only No open groups

Wednesday 9th November

Day Group

9.00 - 9.45	Mindfulness in practice
9.45 - 10.00	Morning tea
10.00 - 11.45	Interpersonal Group Therapy Open and closed groups
11.45 - 12.30	Lunch
12.30 - 2.30	Role models - Celeste
2.30 - 3.00	Individual review (by appointment)

Friday 11th November

Day Group

9.30 - 10.30	Mindfulness practice and discussion
	Morning tea
10.30 - 12.00	Support Therapy
12.00 - 12.30	Lunch
12.30 - 2.00	Interpersonal Group Therapy Open group
2.00 - 3.00	Relaxation/Stress Management

Addictive Behaviours Program

Monday 14th November

Evening Group

4.30 - 5.00	Individual review and follow-up (by appointment)
5.00 - 5.30	Mindfulness
5.30 - 6.30	Emotional health - Ash Closed group only
6.30 - 7.00	Dinner
7.00 - 8.30	Interpersonal Group Therapy Closed groups only No open groups

Wednesday 16th November

Day Group

9.00 - 9.45	Mindfulness in practice
9.45 - 10.00	Morning tea
10.00 - 11.45	Interpersonal Group Therapy Open and closed groups
11.45 - 12.30	Lunch
12.30 - 2.30	Open forum - Rosalie
2.30 - 3.00	Individual review (by appointment)

Friday 18th November

Day Group

9.30 - 10.30	Mindfulness practice and discussion
	Morning tea
10.30 - 12.00	Support Therapy
12.00 - 12.30	Lunch
12.30 - 2.00	Interpersonal Group Therapy Open group
2.00 - 3.00	Relaxation/Stress Management

Addictive Behaviours Program

Monday 21st November

Evening Group

4.30 - 5.00	Individual review and follow-up (by appointment)
5.00 - 5.30	Mindfulness
5.30 - 6.30	Last year on Earth - Marco Closed group only
6.30 - 7.00	Dinner
7.00 - 8.30	Interpersonal Group Therapy Closed groups only No open groups

Wednesday 23rd November

Day Group

9.00 - 9.45	Mindfulness in practice
9.45 - 10.00	Morning tea
10.00 - 11.45	Interpersonal Group Therapy Open and closed groups
11.45 - 12.30	Lunch
12.30 - 2.30	Where are you now - Ash
2.30 - 3.00	Individual review (by appointment)

Friday 25th November

Day Group

9.30 - 10.30	Mindfulness practice and discussion
	Morning tea
10.30 - 12.00	Support Therapy
12.00 - 12.30	Lunch
12.30 - 2.00	Interpersonal Group Therapy Open group
2.00 - 3.00	Relaxation/Stress Management

Addictive Behaviours Program

Monday 28th November

Evening Group

4.30 - 5.00	Individual review and follow-up (by appointment)
5.00 - 5.30	Mindfulness
5.30 - 6.30	Harm minimisation - Effie
6.30 - 7.00	Dinner
7.00 - 8.30	Interpersonal Group Therapy Closed groups only No open groups

Wednesday 30th November

Day Group

9.00 - 9.45	Mindfulness in practice
9.45 - 10.00	Morning tea
10.00 - 11.45	Interpersonal Group Therapy Open and closed groups
11.45 - 12.30	Lunch
12.30 - 2.30	Harm Minimisation - Effie
2.30 - 3.00	Individual review (by appointment)

Friday 2nd December

Day Group

9.30 - 10.30	Mindfulness practice and discussion
	Morning tea
10.30 - 12.00	Support Therapy
12.00 - 12.30	Lunch
12.30 - 2.00	Interpersonal Group Therapy OPEN GROUP
2.00 - 3.00	Relaxation/Stress Management

Addictive Behaviours Program

Monday 5th December

Evening Group

4.30 - 5.00	Individual review and follow-up (by appointment)
5.00 - 5.30	Mindfulness
5.30 - 6.30	Mood and food - Spike Closed group only
6.30 - 7.00	Dinner
7.00 - 8.30	Interpersonal Group Therapy Closed groups only No open groups

Wednesday 7th December

Day Group

9.00 - 9.45	Mindfulness in practice
9.45 - 10.00	Morning tea
10.00 - 11.45	Interpersonal Group Therapy Open and closed groups
11.45 - 12.30	Lunch
12.30 - 2.30	Last year on Earth - Marco
2.30 - 3.00	Individual review (by appointment)

Friday 9th December

Day Group

9.30 - 10.30	Mindfulness practice and discussion
	Morning tea
10.30 - 12.00	Support Therapy
12.00 - 12.30	Lunch
12.30 - 2.00	Interpersonal Group Therapy OPEN GROUP
2.00 - 3.00	Relaxation/Stress Management

Addictive Behaviours Program

Monday 12th December

Evening Group

4.30 - 5.00	Individual review and follow-up (by appointment)
5.00 - 5.30	Mindfulness
5.30 - 6.30	Perfectionism - Ash Closed group only
6.30 - 7.00	Dinner
7.00 - 8.30	Interpersonal Group Therapy Closed groups only No open groups

Wednesday 14th December

Day Group

9.00 - 9.45	Mindfulness in practice
9.45 - 10.00	Morning tea
10.00 - 11.45	Interpersonal Group Therapy Open and closed groups
11.45 - 12.30	Lunch
12.30 - 2.30	Trauma and addiction - Rosalie
2.30 - 3.00	Individual review (by appointment)

Friday 16th December

Day Group

9.30 - 10.30	Mindfulness practice and discussion
	Morning tea
10.30 - 12.00	Support Therapy
12.00 - 12.30	Lunch
12.30 - 2.00	Interpersonal Group Therapy Open group
2.00 - 3.00	Relaxation/Stress Management

Addictive Behaviours Program

Monday 19th December

Evening Group

4.30 - 5.00	Individual review and follow-up (by appointment)
5.00 - 5.30	Mindfulness
5.30 - 6.30	Existentialism - Marco Closed group only
6.30 - 7.00	Dinner
7.00 - 8.30	Interpersonal Group Therapy Closed groups only No open groups

Wednesday 21st December

Day Group

9.00 - 9.45	Mindfulness in practice
9.45 - 10.00	Morning tea
10.00 - 11.45	Interpersonal Group Therapy Open and closed groups
11.45 - 12.30	Lunch
12.30 - 2.30	Connection - Ash
2.30 - 3.00	Individual review (by appointment)

Friday 23rd December

Day Group

9.30 - 10.30	PUBLIC HOLIDAY*
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Addictive Behaviours Program

Monday 26th December PUBLIC HOLIDAY*

Evening Group

PUBLIC HOLIDAY*

Wednesday 28th December

Day Group

9.00 - 9.45	Mindfulness in practice
9.45 - 10.00	Morning tea
10.00 - 11.45	Interpersonal Group Therapy Open and closed groups
11.45 - 12.30	Lunch
12.30 - 2.30	Emotional regulation - Marco
2.30 - 3.00	Individual review (by appointment)

Friday 30th December

Day Group

9.30 - 10.30	Mindfulness practice and discussion
	Morning tea
10.30 - 12.00	Support Therapy
12.00 - 12.30	Lunch
12.30 - 2.00	Interpersonal Group Therapy Open group
2.00 - 3.00	Relaxation/Stress Management

Addictive Behaviours Program

Monday 2nd January PUBLIC HOLIDAY*

Evening Group

PUBLIC HOLIDAY*

Wednesday 4th January

Day Group

9.00 - 9.45	Mindfulness in practice
9.45 - 10.00	Morning Tea
10.00 - 11.45	Interpersonal Group Therapy Open and closed groups
11.45 - 12.30	Lunch
12.30 - 2.30	Resentment - Rosalie
2.30 - 3.00	Individual review (by appointment)

Friday 6th January

Day Group

9.30 - 10.30	Mindfulness practice and discussion
	Morning tea
10.30 - 12.00	Support Therapy
12.00 - 12.30	Lunch
12.30 - 2.00	Interpersonal Group Therapy OPEN GROUP
2.00 - 3.00	Relaxation/Stress Management

Addictive Behaviours Program

Monday 9th January

Evening Group

4.30 - 5.00	Individual review and follow-up (by appointment)
5.00 - 5.30	Mindfulness
5.30 - 6.30	Health relationships - Ash Closed group only
6.30 - 7.00	Dinner
7.00 - 8.30	Interpersonal Group Therapy Closed groups only No open groups

Wednesday 10th January

Day Group

9.00 - 9.45	Mindfulness in practice
9.45 - 10.00	Morning Tea
10.00 - 11.45	Interpersonal Group Therapy Open and closed groups
11.45 - 12.30	Lunch
12.30 - 2.30	Working with triggers - Celeste
2.30 - 3.00	Individual review (by appointment)

Friday 13th January

Day Group

9.30 - 10.30	Mindfulness practice and discussion
	Morning tea
10.30 - 12.00	Support Therapy
12.00 - 12.30	Lunch
12.30 - 2.00	Interpersonal Group Therapy Open group
2.00 - 3.00	Relaxation/Stress Management

Addictive Behaviours Program

Monday 16th January

Evening Group

4.30 - 5.00	Individual review and follow-up (by appointment)
5.00 - 5.30	Mindfulness
5.30 - 6.30	Role models - Marco
6.30 - 7.00	Dinner
7.00 - 8.30	Interpersonal Group Therapy Closed groups only No open groups

Wednesday 18th January

Day Group

9.00 - 9.45	Mindfulness in practice
9.45 - 10.00	Morning tea
10.00 - 11.45	Interpersonal Group Therapy Open and closed groups
11.45 - 12.30	Lunch
12.30 - 2.30	How to effectively use group therapy - Ash
2.30 - 3.00	Individual review (by appointment)

Friday 20th January

Day Group

9.30 - 10.30	Mindfulness practice and discussion
	Morning tea
10.30 - 12.00	Support Therapy
12.00 - 12.30	Lunch
12.30 - 2.00	Interpersonal Group Therapy Open group
2.00 - 3.00	Relaxation/Stress Management



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