



The Melbourne Clinic

Day Program Timetable

Life Strategies

10th July – 29th September 2017



What is the Life Strategies Program or LSP?

LSP runs 4 days per week including day and evening groups. The program is open, meaning there is no start or finish date. All participants need a referral from their Psychiatrist prior to attending. Participants can begin attending as soon as their day program assessment is complete and can attend some or all of the days in the week. Participants can attend in a flexible way that suits lifestyle and therapy needs (e.g. fortnightly rather than once a week).

Monday, Tuesday and Friday the program runs from 9:30am – 3:00pm. On each day participants attend they must complete at least a half day, which involves 2 of the sessions listed in the timetable.

Wednesday evening the program runs from 5:00pm – 8:00pm. Participants must attend all sessions on any evening they attend.

Light refreshments, lunch or dinner are included depending on the time of the group. Participants have the choice of accessing a hot meal in the hospital dining room or a sandwich in the Day Program dining room.

Parking is available all day at The Melbourne Clinic underground car park. This costs \$5 with a voucher collected from staff at the Day Program.

Reasons people attend LSP

- To provide structure and routine to the week, particularly following discharge from hospital
- To receive peer support from others who face similar challenges and barriers
- To begin therapy and learn skills while waiting for a closed program to start
- To continue with support for growth and recovery following the completion of a closed program
- To learn about groups and therapies offered at The Melbourne Clinic Day Program
- To work on specific goals relating to health and wellness



The program offers a range of evidence based therapy groups including:

Mindfulness practice and discussion – A mix of learning mindfulness concepts and skills through instruction from the facilitator and practicing formal meditations.

Support Therapy- A facilitated peer support group offering a space to connect with others, share experiences, and learn effective interpersonal skills.

Topic Group – A set topic led by a range of clinicians. These topics include skills from other groups offered here at Day Program, and tools to improve wellness. Some examples are: Dialectical Behaviour Therapy skills, Anxiety management, Crisis planning, Art Therapy, Narrative Therapy and Occupational Therapy.

Relaxation and Stress Management – A group to learn new ways to calm and relax the mind and body. This group includes a guided relaxation practice and a chance to discuss strategies.

Mindful Movement – Our Tuesday group is co-facilitated by an exercise physiologist and has a focus on assisting those with a psychiatric diagnosis, who are experiencing difficulties with overweight, obesity or metabolic syndrome and related co-morbidities.

Individual review and goal setting:

LSP facilitators aim to meet with you to discuss your goals for attending and any plans for other groups at The Melbourne Clinic. If you have not had a review and you would like to discuss any element of your treatment through LSP or other programs, please speak with your facilitator or the coordinator

– Emily Bull.

If you would like more information about this program or others at The Melbourne Clinic Day Program, please contact 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

Life Strategies Program

Monday 10th July	
Day Group	
9.30 - 10.30	Mindfulness practice and discussion
Morning tea	
10.30 - 12.00	Support Therapy
Lunch	
12.30 - 2.00	Building sensory tools (DBT)
2.00 - 3.00	Relaxation/Stress Management

Tuesday 11th July	
Day Group	
9.30 - 10.30	Mindful Movement
Morning tea	
10.30 - 12.00	Health and Gender Difference
Lunch	
12.30 - 2.00	Support Therapy
2.00 - 3.00	Relaxation/Stress Management

Life Strategies Program

Wednesday 12th July	
Evening Group	
5.00 - 5.30	Mindfulness practice and discussion
5.30 - 6.30	Support Therapy
Dinner	
7.00 - 8.30	Confidence Building

Friday 14th July	
Day Group	
9.30 - 10.30	Mindfulness practice and discussion
Morning tea	
10.30 - 12.00	Healthy sleep habits
Lunch	
12.30 - 2.00	Occupational Therapy
2.00 - 3.00	Relaxation/Stress Management

Life Strategies Program

Monday 17th July	
Day Group	
9.30 - 10.30	Mindfulness practice and discussion
Morning tea	
10.30 - 12.00	Support Therapy
Lunch	
12.30 - 2.00	Link me in. What's there for me in my community? (social work)
2.00 - 3.00	Relaxation/Stress Management
Tuesday 18th July	
Day Group	
9.30 - 10.30	Mindful Movement
Morning tea	
10.30 - 12.00	The Paleo vs Mediterranean diet
Lunch	
12.30 - 2.00	Support Therapy
2.00 - 3.00	Relaxation/Stress Management

Life Strategies Program

Wednesday 19th July	
Evening Group	
5.00 - 5.30	Mindfulness practice and discussion
5.30 - 6.30	Support Therapy
Dinner	
7.00 - 8.30	Minimising negative self-talk
Friday 21st July	
Day Group	
9.30 - 10.30	Mindfulness practice and discussion
Morning tea	
10.30 - 12.00	Getting along with others
Lunch	
12.30 - 2.00	Occupational Therapy
2.00 - 3.00	Relaxation/Stress Management

Life Strategies Program

Monday 24th July	
Day Group	
9.30 - 10.30	Mindfulness practice and discussion
Morning tea	
10.30 - 12.00	Support Therapy
Lunch	
12.30 - 2.00	Living to your values (DBT)
2.00 - 3.00	Relaxation/Stress Management

Tuesday 25th July	
Day Group	
9.30 - 10.30	Mindful Movement
Morning tea	
10.30 - 12.00	Willpower
Lunch	
12.30 - 2.00	Support Therapy
2.00 - 3.00	Relaxation/Stress Management

Life Strategies Program

Wednesday 26th July	
Evening Group	
5.00 - 5.30	Mindfulness practice and discussion
5.30 - 6.30	Support Therapy
Dinner	
7.00 - 8.30	Creating helpful habits

Friday 28th July	
Day Group	
9.30 - 10.30	Mindfulness practice and discussion
Morning tea	
10.30 - 12.00	Overcoming isolation
Lunch	
12.30 - 2.00	Occupational Therapy
2.00 - 3.00	Relaxation/Stress Management

Life Strategies Program

Monday 31st July	
Day Group	
9.30 - 10.30	Mindfulness practice and discussion
Morning tea	
10.30 - 12.00	Support Therapy
Lunch	
12.30 - 2.00	Cope ahead (DBT)
2.00 - 3.00	Relaxation/Stress Management

Tuesday 1st August	
Day Group	
9.30 - 10.30	Mindful Movement
Morning tea	
10.30 - 12.00	Self-Compassion
Lunch	
12.30 - 2.00	Support Therapy
2.00 - 3.00	Relaxation/Stress Management

Life Strategies Program

Wednesday 2nd August	
Evening Group	
5.00 - 5.30	Mindfulness practice and discussion
5.30 - 6.30	Support Therapy
Dinner	
7.00 - 8.30	Distress tolerance

Friday 4th August	
Day Group	
9.30 - 10.30	Mindfulness practice and discussion
Morning tea	
10.30 - 12.00	Thoughts are not facts (CBT)
Lunch	
12.30 - 2.00	Occupational Therapy
2.00 - 3.00	Relaxation/Stress Management

Life Strategies Program

Monday 7th August	
Day Group	
9.30 - 10.30	Mindfulness practice and discussion
Morning tea	
10.30 - 12.00	Support Therapy
Lunch	
12.30 - 2.00	Grounding techniques (DBT)
2.00 - 3.00	Relaxation/Stress Management

Tuesday 8th August	
Day Group	
9.30 - 10.30	Mindful Movement
Morning tea	
10.30 - 12.00	The HPA Axis: How can we get better at stress
Lunch	
12.30 - 2.00	Support Therapy
2.00 - 3.00	Relaxation/Stress Management

Life Strategies Program

Wednesday 9th August	
Evening Group	
5.00 - 5.30	Mindfulness practice and discussion
5.30 - 6.30	Support Therapy
Dinner	
7.00 - 8.30	Finding the balance

Friday 11th August	
Day Group	
9.30 - 10.30	Mindfulness practice and discussion
Morning tea	
10.30 - 12.00	Skills for independent living
Lunch	
12.30 - 2.00	Occupational Therapy
2.00 - 3.00	Relaxation/Stress Management

Life Strategies Program

Monday 14th August	
Day Group	
9.30 - 10.30	Mindfulness practice and discussion
Morning tea	
10.30 - 12.00	Support Therapy
Lunch	
12.30 - 2.00	Tolerating Distress: Wise Mind ACCEPTS (DBT)
2.00 - 3.00	Relaxation/Stress Management

Tuesday 15th August	
Day Group	
9.30 - 10.30	Mindful Movement
Morning tea	
10.30 - 12.00	Blue Zones: Increasing Longevity
Lunch	
12.30 - 2.00	Support Therapy
2.00 - 3.00	Relaxation/Stress Management

Life Strategies Program

Wednesday 16th August	
Evening Group	
5.00 - 5.30	Mindfulness practice and discussion
5.30 - 6.30	Support Therapy
Dinner	
7.00 - 8.30	Managing difficult emotions

Friday 18th August	
Day Group	
9.30 - 10.30	Mindfulness practice and discussion
Morning tea	
10.30 - 12.00	Managing expectation
Lunch	
12.30 - 2.00	Occupational Therapy
2.00 - 3.00	Relaxation/Stress Management

Life Strategies Program

Monday 21st August	
Day Group	
9.30 - 10.30	Mindfulness practice and discussion
Morning tea	
10.30 - 12.00	Support Therapy
Lunch	
12.30 - 2.00	Looking at purpose and occupation (Occupational Therapy)
2.00 - 3.00	Relaxation/Stress Management
Tuesday 22nd August	
Day Group	
9.30 - 10.30	Mindful Movement
Morning tea	
10.30 - 12.00	How to speak so people will listen
Lunch	
12.30 - 2.00	Support Therapy
2.00 - 3.00	Relaxation/Stress Management

Life Strategies Program

Wednesday 23rd August	
Evening Group	
5.00 - 5.30	Mindfulness practice and discussion
5.30 - 6.30	Support Therapy
Dinner	
7.00 - 8.30	Developing positive strategies
Friday 25th August	
Day Group	
9.30 - 10.30	Mindfulness practice and discussion
Morning tea	
10.30 - 12.00	Building routine
Lunch	
12.30 - 2.00	Occupational Therapy
2.00 - 3.00	Relaxation/Stress Management

Life Strategies Program

Monday 28th August	
Day Group	
9.30 - 10.30	Mindfulness practice and discussion
Morning tea	
10.30 - 12.00	Support Therapy
Lunch	
12.30 - 2.00	Understanding Depression; Causes and treatments. With Dr McIntosh
2.00 - 3.00	Relaxation/Stress Management
Tuesday 29th August	
Day Group	
9.30 - 10.30	Mindful Movement
Morning tea	
10.30 - 12.00	The role of the gut in our physical and mental health
Lunch	
12.30 - 2.00	Support Therapy
2.00 - 3.00	Relaxation/Stress Management

Life Strategies Program

Wednesday 30th August	
Evening Group	
5.00 - 5.30	Mindfulness practice and discussion
5.30 - 6.30	Support Therapy
Dinner	
7.00 - 8.30	Letting go of the past
Friday 1st September	
Day Group	
9.30 - 10.30	Mindfulness practice and discussion
Morning tea	
10.30 - 12.00	Breaking the cycle of rumination
Lunch	
12.30 - 2.00	Occupational Therapy
2.00 - 3.00	Relaxation/Stress Management

Life Strategies Program

Monday 4th September	
Day Group	
9.30 - 10.30	Mindfulness practice and discussion
Morning tea	
10.30 - 12.00	Support Therapy
Lunch	
12.30 - 2.00	Setting long and short term goals (DBT)
2.00 - 3.00	Relaxation/Stress Management

Tuesday 5th September	
Day Group	
9.30 - 10.30	Mindful Movement
Morning tea	
10.30 - 12.00	Improving sleep
Lunch	
12.30 - 2.00	Support Therapy
2.00 - 3.00	Relaxation/Stress Management

Life Strategies Program

Wednesday 6th September	
Evening Group	
5.00 - 5.30	Mindfulness practice and discussion
5.30 - 6.30	Support Therapy
Dinner	
7.00 - 8.30	Dealing with the inner critic

Friday 8th September	
Day Group	
9.30 - 10.30	Mindfulness practice and discussion
Morning tea	
10.30 - 12.00	Anxiety management
Lunch	
12.30 - 2.00	Occupational Therapy
2.00 - 3.00	Relaxation/Stress Management

Life Strategies Program

Monday 11th September	
Day Group	
9.30 - 10.30	Mindfulness practice and discussion
Morning tea	
10.30 - 12.00	Support Therapy
Lunch	
12.30 - 2.00	The basics of assertiveness (DBT)
2.00 - 3.00	Relaxation/Stress Management

Tuesday 12th September	
Day Group	
9.30 - 10.30	Mindful Movement
Morning tea	
10.30 - 12.00	Gender expectations and shame
Lunch	
12.30 - 2.00	Support Therapy
2.00 - 3.00	Relaxation/Stress Management

Life Strategies Program

Wednesday 13th September	
Evening Group	
5.00 - 5.30	Mindfulness practice and discussion
5.30 - 6.30	Support Therapy
Dinner	
7.00 - 8.30	Developing self esteem

Friday 15th September	
Day Group	
9.30 - 10.30	Mindfulness practice and discussion
Morning tea	
10.30 - 12.00	Moving on from depression
Lunch	
12.30 - 2.00	Occupational Therapy
2.00 - 3.00	Relaxation/Stress Management

Life Strategies Program

Monday 18th September	
Day Group	
9.30 - 10.30	Mindfulness practice and discussion
Morning tea	
10.30 - 12.00	Support Therapy
Lunch	
12.30 - 2.00	Building self-esteem (DBT)
2.00 - 3.00	Relaxation/Stress Management

Tuesday 19th September	
Day Group	
9.30 - 10.30	Mindful Movement
Morning tea	
10.30 - 12.00	Non hungry eating and sugar
Lunch	
12.30 - 2.00	Support Therapy
2.00 - 3.00	Relaxation/Stress Management

Life Strategies Program

Wednesday 20th September	
Evening Group	
5.00 - 5.30	Mindfulness practice and discussion
5.30 - 6.30	Support Therapy
Dinner	
7.00 - 8.30	Healing inner wounds

Friday 22nd September	
Day Group	
9.30 - 10.30	Mindfulness practice and discussion
Morning tea	
10.30 - 12.00	Taking stock of where things are at
Lunch	
12.30 - 2.00	Occupational Therapy
2.00 - 3.00	Relaxation/Stress Management

Life Strategies Program

Monday 25th September	
Day Group	
9.30 - 10.30	Mindfulness practice and discussion
Morning tea	
10.30 - 12.00	Support Therapy
Lunch	
12.30 - 2.00	Taking stock of where things are at
2.00 - 3.00	Relaxation/Stress Management

Tuesday 26th September	
Day Group	
9.30 - 10.30	Mindful Movement
Morning tea	
10.30 - 12.00	Taking stock of where things are at
Lunch	
12.30 - 2.00	Support Therapy
2.00 - 3.00	Relaxation/Stress Management

Life Strategies Program

Wednesday 27th September	
Evening Group	
5.00 - 5.30	Mindfulness practice and discussion
5.30 - 6.30	Support Therapy
Dinner	
7.00 - 8.30	Taking stock of where things are at

Friday 29th September	
Day Group	
PUBLIC HOLIDAY*	
Grand Final	
CLOSED	



Notes:

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