



Ramsay Clinic Cremorne

Outpatient Mental Health

Open Group Format

The Mental Health Day Program is designed to give support, education and skills training to improve the quality and enjoyment in life for people experiencing mental health problems, to help prevent relapse and repeated hospital admissions. This program assists people who would benefit from a supportive, less structured therapeutic environment.

Rather than focusing directly on mood, anxiety, psychosis or other specific types of disorders or issues, the Mental Health Day Program is inclusive and accepts members suffering from a myriad of issues and symptoms. A combination of therapies are utilised to deliver a program in a supportive, encouraging and learning environment.

The Mental Health group provides relief from social isolation and enables members to discuss their current difficulties in a supportive environment and receive assistance with problem solving and goal setting. The supportive nature of the group allows members to disclose much more about their issues and provides the opportunity for constructive feedback from peers. Feedback is a valued component of the group therapy experience.

The Mental Health Program operates on an open-group format. This means new members may be joining the group from week to week while existing group members progress through the program. Topics are arranged in such a way to allow new members to engage with session content without needing background from previous sessions, but also to minimise repetition for existing group members.

The program uses evidence-based therapies as the basis for psychological treatment, which most commonly incorporates a combination of CBT and Acceptance & Commitment Therapy. Emphasis is placed on the provision of a warm, supportive and encouraging environment.

Cognitive Behavioural Therapy (CBT) and education about mental health, including acceptance and mindfulness, are important elements of the program. The goal is to help people respond positively to their negative thoughts and to be able to live the kind of life they would like, without being held back by fear.

Acceptance and Commitment Therapy (ACT) focuses on helping members learn strategies to tolerate and accept painful thoughts and emotions. ACT helps members identify their value systems and develop a set of effective and realistic goals to work towards living a rich, full and meaningful life.

Ramsay Clinic Cremorne

3 Harrison Street, Cremorne NSW 2090

Phone: (02) 9909 8577

ramsaymentalhealth.com.au

People caring for people



**Ramsay
Mental Health**