

Ramsay Clinic Cremorne

Outpatient Mood Disorders Group

Closed Group Format

Our **Mood Disorders Day Program** is specifically designed for people with depression, offering support, psycho-education and skills development to effectively manage symptoms and to improve quality and enjoyment in life. **Attendance is for 10 weeks.** The Mood Disorders Program operates on a closed-group format. This means that **members can only join the group at the beginning of the 10 week program.**

The Mood Disorders Program includes pre-arranged topics and focuses on issues identified by research to be important in the onset and maintenance of mood disorders. Group members receive a copy of the program on commencement which consists of all the topic information covered in the sessions and activity sheets. They will have an opportunity to learn about all of the topic areas during their period of attendance.

On completion of the program, members will be assessed on an individual basis and either referred to a different program or discharged in consultation with their treating team.

Topics covered in The Mood Disorders Program include but not limited to:

- Understanding depression & reversing the vicious cycle of depression
- Grief and loss
- Understanding Cognitive Behavioural Therapy (CBT)
- Challenging negative thoughts
- Anger and problem solving
- Effective communication
- Creating a meaningful and healthy lifestyle
- Relapse prevention

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 mood disorders, 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.

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