

Mental Health Waiting Periods and exemptions,

When you take out Private Health Insurance the waiting period for psychiatric care is two months. You can upgrade your existing basic hospital cover to inpatient mental health care without a further waiting period. You can do this at any time but only once in your lifetime. Usually you will be eligible for higher benefits as soon as you upgrade. This exemption applies to hospital or hospital substitute care for:

- Mental health services
- Drug and alcohol treatment

To learn more about the program please phone the Patient Intake Team on (07) 5492 0277.

Email: CLP-Enquiries@ramsayhealth.com.au



**Ramsay
Mental Health**

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People caring for people

Cognitive Behaviour Therapy using Art Therapy *Day Program*



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Caloundra**

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Mental Health**

What is Cognitive Behaviour Therapy (CBT) and why combine it with Art Therapy?

CBT is a well-researched psychoeducational treatment approach for the management of many mental health issues. Art therapy allows individuals to process, communicate, problem solve and express themselves using different visual mediums. In this program patients learn to apply the principals of CBT using art as a medium.

The group is run by allied health staff once a week. It starts at 9am and finishes at 12.30pm (with 3 hours of face to face group work) and includes morning tea.

What does this group cover?

Program content includes:

- Self-care
- Stress management
- Anger management
- Sleep hygiene
- Boundaries
- Body image
- Relaxation
- Mindfulness

Who is the group for?

The CBT using Art Therapy Program is designed for people who have difficulties with managing:

- Depression
- Anxiety
- Unhelpful emotions
- PTSD symptoms

Why do we use group therapy?

These types of programs have been proven to be effective for the following reasons:

1. Shared Experiences

Sharing perceptions and reactions in a group setting allows the individual to see that they are not alone in the way they are affected by their problems and that other people have problems of a similar nature.

2. Relatedness

It can be overwhelming for an individual to manage in the home setting and a feeling of isolation can set in. Group therapy helps to foster a sense of connectedness as patients meet others who also need help in managing their mental health issues.

3. Support

Groups provide support in many ways, such as showing genuine concern and providing encouragement to overcome difficulties in managing change.

4. Education and Skills Training

CBT is a psychoeducational approach for the treatment of emotional problems and the maintenance for good mental health. Experienced therapists not only explain the process involved in the maintenance of mental health problems but also teach proven treatment methods to lessen the emotional consequences of the symptoms.

5. Peer Feedback

Group work provides an opportunity for constructive feedback from peers and is a valuable component of the therapeutic experience.

Costs

Private Health Insurance generally covers the cost of treatment, but patients are advised to check the level of cover that their health fund offers for treatment.

How Can I Access the CBT with Art Therapy Group?

Entry into the group is through a referral form from your psychiatrist or GP to a credentialed psychiatrist at Ramsay Clinic Caloundra. Entry is based on a clinical assessment which includes the patient's willingness and capacity to participate.