

# Day Programs Overview



New Farm Clinic offers group therapy programs for day patients facilitated by a multidisciplinary team of mental health professionals.

## Day Programs from November 2021

### Cognitive Behavioural Therapy (CBT)

- People requiring assistance with mood disorders such as depression and anxiety disorders
- Tuesdays 9:00am - 2:15pm

CBT is a therapeutic group designed for patients who suffer from depression, anxiety, stress and other mood disorders and want to identify, understand and change unhelpful patterns of thinking which may be negatively affecting their day to day lives. The program teaches patients about the connection between thinking styles, emotions and behaviour in relation to their current difficulties. Strategies are taught to assist individuals to challenge unhelpful thought patterns and develop helpful coping strategies.

### Dialectical Behaviour Therapy

- People requiring help with emotion dysregulation, interpersonal relationships, suicidality and self-harm
- Mondays and Wednesdays OR Tuesdays and Thursdays 9:00am - 2:15pm
- 6 Months duration, entry to the program requires assessment with a DBT group facilitator

Dialectical Behaviour Therapy (DBT) was designed for individuals with borderline personality disorder and is useful for patients requiring assistance with suicidality and self-harm. The program is also beneficial to individuals with complex mental health issues and difficulties managing intense emotions. The program focuses on four key topics; mindfulness, distress tolerance, emotional regulation and interpersonal/relationship effectiveness.

### Young Adult Dialectical Behaviour Therapy

- Young Adult DBT is designed for those who have the above difficulties and are aged 18-25 years
- Mondays and Wednesdays 9:00am - 2:15pm
- Minimum 6 Months duration, entry to the program requires assessment with a DBT group facilitator

Young Adult DBT program focuses on the four key topics as described above but tailors content to the unique difficulties experienced by young adults. This includes content related to alcohol and drug use, sexual behaviour, developing structure and routine after schooling, developing independence, tertiary study and developing healthy friendships and relationships.

### Mentalization

- People with group experience: emotional regulation skills, awareness of self and others, interpersonal skills
- Tuesdays and Thursdays 9:00am - 2:15pm
- Minimum 6 months duration, entry to the program requires assessment with a group facilitator

An evidenced based treatment which focuses on developing people's mentalising capacities. Mentalising is the awareness of mental states, in oneself and others. Mental States include thoughts and feelings, attitudes, beliefs, intentions and wishes. The group focuses on assisting people develop a greater understanding of their own and others mental states, regulate emotions and improve interpersonal relationships.

### Body Oriented Therapy

- People who have experienced trauma and have difficulty in stabilising their mood and emotions
- Friday 9:00am – 2:15pm
- 13 week group program, requires assessment with a group facilitator, contact New Farm Clinic for start dates

The Body Oriented Therapy group focuses on trauma psych-education, mindfulness and the development of somatic/sensory resources for regulating arousal systems. The evidence-based therapy is an integrative treatment approach that utilises techniques from other therapies such as CBT, attachment, neuroscience. The group is not a trauma process group, and people do not discuss their traumatic experience with other members.

### Eating Disorder Program - Therapeutic Anorexia Nervosa Support Group (TANS)

- People with restrictive eating behaviours or other disordered behaviours such as over exercising
- Tuesdays and Thursdays 9:00am - 1:30pm
- Minimum 2 months duration, Group members are encouraged to continue until they have experienced some reduction in symptoms, TANS requires assessment with a TANS Group Facilitator

TANS is an eating disorder therapy group that uses cognitive behavioural therapy techniques to address issues underlying eating disorders. TANS also draws from other evidence based therapies such as Dialectical Behavioural Therapy (DBT) and Radical Open Dialectical Behavioural Therapy (RO DBT). The group covers topics such as perfectionism, guilt, fear foods, flexibility and values. Includes supervised support for morning tea and lunch.

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### Alcohol and Prescription Drug Program

- People who need help to combat their alcohol and prescription drug dependence
- Wednesdays 9:00am -12:15pm
- Commencement and re-enrolment are permitted at any time

The Alcohol and Prescription Drug program is abstinence based. We support patients as they work towards the goals of living a drug and alcohol free life.

The Drug and Alcohol day program focuses on two stages of recovery.

1. Stage one addresses coming to terms with living drug/alcohol free and includes relapse prevention techniques.
2. Stage two focuses on the underlying issues relevant to the development of emotional wellbeing and abstinence.

### Life Skills – Relapse Prevention

- People who have recently been inpatient and require ongoing support for their mental health concerns
- Fridays 9:00am - 2:15pm

Is for people who have recently been inpatients and require ongoing support for their mental health concerns. The Life Skills outpatient group is relapse prevention program consisting of psycho educational content and activities utilising therapeutic skills. The objective is to provide a therapeutic space where patients can experience a supportive group environment, learn new skills or continue with skills learned in hospital. This group will support patients as they manage the daily challenges they face in life, as well as provide additional support for those waiting to engage in other day programs.

### RO DBT Informed Therapy

- Disorders of over control, low receptivity, openness, intimacy, flexible control, low social connectedness and intimacy with others
- Mondays 9:00am - 2:15pm

The Life Skills- Social Engagement program is a group combining psycho educational content and practical activities. The group aims to help participants to increase their capacity for social skills, social connectedness and to encourage peer engagement. This program is targeted at individuals experiencing disorders related to: over control, low receptivity and openness, low flexible control, pervasive inhibited emotional expression, low social connectedness and intimacy with others.

### Acceptance and Commitment Therapy (ACT)

- People who experience anxiety, depression, substance use, OCD, psychosis, pain and other conditions
- Mondays 9:00am - 2:15pm

ACT group focuses on building people's psychological flexibility. The ACT day program covers the key ACT processes including mindfulness (unhooking from thoughts, dropping the struggle with feelings, contacting the present moment, noticing experiences) as well as increasing contact with personal values and engaging in committed action.

### Compassion - Focused Therapy

- Treatment resistant mood disorders - depression, anxiety, harsh self-criticism
- Thursdays 9:00am - 2:15pm

Compassion-Focused therapy is an integrated and multimodal approach that draws from an evolutionary model of human psychology and neuroscience. One of the key areas is to use compassionate mind training to help people develop and work with experiences of inner warmth, safeness and soothing, via compassion and self compassion.

### CBT: Recovery through Creative Expression

- This program is designed for individuals who have recently been an inpatient and require some ongoing support for their mental health concerns, as well as for people who benefit from regular support and psychological assistance to maintain stable mental health.
- There is no minimum or maximum attendance time required. Group members can continue to attend as long as they need ongoing support for their mental health difficulties.
- Tuesday 2:00pm-5:00pm

The Recovery through Creative Expression and CBT outpatient group is a relapse prevention and social connection program consisting of psychoeducational content and therapeutic art topics. The group is designed to assist patients with continuing to use and develop their skills learned in hospital or enhance their lived experience. This will be provided by combining personal reflection, social stimulation and professional support. This group will assist patients as they manage the challenges they face in day to day life.

This program will primarily consist of group discussion and an art activity surrounding a given topic, with aspects such as mindfulness, journaling and therapeutic discussion utilised for additional benefit. Utilising concepts from Cognitive Behavioural Therapy, patients will be exposed to a variety of topics that will create a diverse range of discussion and artistic outcomes. Patients will practice mindfulness, explore their emotions, engage in behavioural change, exercise interpersonal skills, practice self-compassion, and challenge negative beliefs.

There are no entry requirements; enrolment is possible at any time.



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