

# Day Programs

November 2023



A comprehensive assessment referral from a medical practitioner is required for admission to a day program or outreach. Ongoing consultations with your Ramsay Clinic Beleura doctor are required while you are participating in Day Programs or Outreach. Day Programs are available dependent on capacity and wait lists.

## Day Programs at Ramsay Clinic Beleura

### Art Therapy – CLOSED

**Monday 1:00pm – 4:15pm**

The Art therapy program is designed to provide you with a safe outlet to relieve your emotions, relax and de-stress, develop self-awareness and self-esteem, give you a sense of control over your life and help you to get to know and understand yourself better, work on social skills, manage behaviours and symptoms, and solve problems by looking with a different perspective.

### DBT Skills Group Therapy – CLOSED

**Thursday 10:30am – 2:00pm**

This group program is based on Dialectical Behaviour Therapy (DBT). The program is highly structured and includes sessions dedicated to learning mindfulness, radical acceptance and willingness, STOP/TIPP skill, emotion regulation and interpersonal effectiveness. Each DBT group session finishes with Relaxation and mindfulness.

### Alcohol Outpatient Therapy – OPEN

**Monday 10:30am – 2:00pm**

**Wednesday 5:00pm – 8:15pm**

This group therapy program aims to provide ongoing support to individuals who have made positive changes to their alcohol dependence, and who wish to minimise risk of future lapse and prevent relapse. It is a safe environment for clients to share their experiences, challenges and triumphs and to receive feedback and validation in a safe, therapeutic environment.

### Ramsay Clinic Beleura

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### Yoga and Anxiety Group Therapy – OPEN

**Wednesday 9:00am – 12:15pm**

This group focuses on developing healthy coping mechanisms for managing anxiety and panic attacks through gaining a better understanding of anxiety and the way our body responds to anxiety, learning ways to manage anxiety and how to break the cycle of anxiety. The group will end with Yoga Therapy which is designed to improve mood and reduce stress. Yoga therapy uses a combination of relaxation and movement to assist people to be more in the present moment, reduces emotional reactivity, improves mental sharpness and general mental health.

### Women's Group Therapy – OPEN

**Tuesday 1:00pm – 4:15pm**

This group assists women to build routine in their lives, learn about the importance of connection, trust and building relationships and skills to manage their mental health. The group focuses on mindfulness skills and understanding ways to manage emotions.

