

GP Directory of *Day Programs*

Timely mental healthcare for your patients



Ramsay Clinic
Hollywood

[ramsaymentalhealth.com.au](https://www.ramsaymentalhealth.com.au)


Ramsay
Mental Health



Referrals

GPs can refer direct to Day Programs. Patients do not need to have had a consultation with a psychiatrist.

Cost

The fees for Day Programs are usually fully covered under private health insurance or DVA Gold Card.

Further information on each of the Day Programs and referral requests should be directed to:

Ramsay Clinic Hollywood
Hollywood Private Hospital
Monash Avenue, NEDLANDS WA 6009

T: (08) 9346 6801

F: (08) 9346 6829

E: thcbookings.hph@ramsayhealth.com.au

Monday to Friday 8.00am – 5.00pm

W: [ramsaymentalhealth.com.au/hollywood](https://www.ramsaymentalhealth.com.au/hollywood)

To request Day Program leaflets please contact:

E: HensonW@Ramsayhealth.com.au

M: 0417 404 776



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Introduction

The Ramsay Clinic Hollywood is a dedicated mental health facility located at Hollywood Private Hospital in Nedlands.

We offer acute inpatient services, neurostimulation services and a comprehensive range of day programs for people requiring treatment for mental health conditions, including depression, anxiety, bi-polar disorder, personality disorder, trauma, eating disorders and substance misuse or dependency.

Our experienced, multidisciplinary team works together to deliver coordinated and individualised treatment plans for our patients.

The following programs offer your patients options to help them address mental health issues with minimal disruption to their everyday lives, and the support of a group environment.

GPs are able to refer direct to Day Programs and patients are admitted to the program under the care of one of our psychiatrists.

Programs are voluntary and participants need to be willing and able to participate in a group setting. Each person's needs and suitability to participate are assessed prior to acceptance into the program.

Open groups allow new participants to join over the course of the program.

In closed programs new participants are not able to join once the program has commenced. Programs are run across the year.

On referral, the patient will be contacted for an intake assessment appointment. There is no charge for the assessment, which takes approximately 1 hour, and can be completed via Telehealth or in-person at the Fenwick Day Unit.

Addiction Recovery and Harm Minimisation Program

Who is it for?

People using alcohol, cannabis and prescription drugs and who are motivated to change. Please note that this Day Program may not be suitable for treatment of methamphetamine use but people are assessed and treated on an individualised basis.

A period of detoxification may be required.

How does it help?

The program supports participants to:

- Identify triggers to substance use,
- Develop internal resources and learn new coping skills to address underlying factors associated with substance use,
- Understand and challenge unhelpful core beliefs,
- Develop relapse prevention strategies.

Format (two options available):

Intensive - 12 consecutive weekdays over three consecutive weeks. Closed group format.

Weekly - Half day program, once weekly. Closed group format.

Follow-up:

Once participants have completed either program, they can attend the weekly follow-up group. This is an open group format, with different participants attending each week. Patient progress is periodically reviewed.

Dialectical Behaviour Therapy (DBT) Program

Who is it for?

This program is suitable for people experiencing frequent and intense changes in their emotional state often leading to self-damaging behaviours.

Patients are encouraged to have the support of a mental health professional for the duration of the course

How does it help?

Dialectical Behaviour Therapy focusses on helping patients learn new skills and ways to manage their emotions. This group program is highly structured and includes modules on:

- Mindfulness
- Distress tolerance
- Emotion regulation
- Interpersonal effectiveness.

Between sessions, patients are encouraged to complete practice activities and worksheets to apply the skills to their day-to-day lives.

Upon completion of the fundamental DBT skills program, clients are welcome to continue their DBT journey by repeating this program, or joining the Advanced DBT skills 13-week program which follows a similar structure, and covers more skills across the four DBT modules.

An integral part of this program is a commitment to regular group attendance and practise of the skills introduced.

Format:

One day a week for 13 weeks.

Bulimia Nervosa Day Program

Who is it for?

Bulimia is characterised by repeated episodes of binge eating followed by compensatory behaviours (e.g. vomiting, fasting, misusing laxatives, diuretics or any drugs for weight control, extreme exercise). In addition, people with Bulimia place excessive emphasis on body shape or weight, which has a negative impact on their self-esteem.

Client presentations may include:

- shame
- feeling negatively evaluated
- seeking bariatric surgery/ weight loss medication
- emotional/mood/stress issues
- sleep/fatigue problems
- parotid gland swelling, Russell's sign,
- dental damage, bad breath

In diagnosing the condition, the following questions offer high sensitivity and specificity for Bulimia Nervosa:

- Are you satisfied with your eating patterns?
- Do you ever eat in secret?

How does it help?

This is a multi-therapy treatment program using evidence-based psychological and dietetic treatment to overcome the condition and establish a healthy long-term relationship with food.

The program combines Cognitive Behavioural Therapy with specialist dietetic knowledge to provide patients both with the skills and techniques to reduce binge eating, manage underlying issues and improve knowledge of food choices and eating patterns.

Format:

A weekly closed group session over ten weeks.

Eating Disorder Day Program

Who is it for?

It is suitable for patients 16 years+, with a BMI over 16 and less severe eating disorders. It may also consolidate gains made in a recent inpatient stay for an eating disorder.

How does it help?

The Eating Disorder Program focuses on recovery and helps participants develop the knowledge and skills to overcome unhelpful eating behaviours and mindsets.

The program includes:

- Supported meals and snacks
- Practical cooking/food preparation groups and social eating outings
- Individual treatment planning and dietetic consultation
- Cognitive Behavioural Therapy groups
- Exercise physiology groups
- Peer mentoring sessions

Format:

An open program which runs four days per week for a duration of four weeks. Further treatment is dependent on progress.

Additional information:

An integral part of this program is a commitment to regular group attendance and practise of the skills introduced.

Schema Therapy Program

What is it?

A schema is a maladaptive coping mechanism or pattern formed as a result of needs not being met in childhood. This creates a framework through which an individual perceives themselves and the world. Schema therapy is an integrative approach that supports individuals with a chronic diagnosis that has been unresponsive to other therapeutic treatment.

Who is it for?

Individual 18 years old and above who have:

- An existing issue with or mental disorder diagnosis, including:
 - Treatment resistant mood and anxiety disorders
 - Post-traumatic stress disorder
 - Personality disorders
 - Eating Disorders
 - Substance use disorders
- The presence of longstanding maladaptive patterns of thought, behaviour and emotion
- Insight into the presence and impact of maladaptive schemas
- Acknowledgement of developmental influences and personal contributions to schemas
- Ability to recall childhood memories linked to formation of schemas
- Ability to access and tolerate emotions linked to negative childhood experiences.
- Motivation and willingness to acknowledge and address maladaptive schemas.

How does it help?

- To highlight how schemas function in personal interactions and in responses to situations/stressors.
- To improve insight into factors contributing to the development and maintenance of schemas (early experiences, unmet core emotional needs, abuse etc)
- To shift expectations relating to future relationships/roles/tasks
- To develop skills for overcoming/managing impact of schema activation
- To reduce impact of schemas, improve function and engagement with daily life/tasks.

Format:

One day a week, half-day program which runs for 20 weeks.

Binge Eating Disorder Day Program

Who is it for?

Individuals 18 and older with the following signs of binge eating:

- Eating a very large amount of food within a relatively short period of time
- Feeling a sense of loss of control while eating, like feeling unable to stop

Individuals with this disorder are not necessarily overweight, or underweight. The following questions using the SCOFF acronym (Reid, Morgan & Lacey (1999) may assist in assessing a potential Binge Eating Disorder diagnosis:

- **S** - Do you make yourself **SICK** because you feel uncomfortably full?
- **C** – Do you worry you have lost **CONTROL** over how much you eat?
- **O** - Have you recently lost > 6kg (**ONE** stone) in 3 months
- **F** - Do you believe yourself to be **FAT** when others say you're too thin?
- **F** - Would you say **FOOD** dominates your life?

How does it help?

The focus is on recovery by assisting patients to:

- develop the knowledge and skills to overcome unhelpful eating behaviours and mindsets,
- improve eating competency through individualised meal plans and supported eating,
- be aware of their emotional triggers, and
- improve their understanding of the causal and maintaining factors that perpetuate unhelpful behaviours.

The program offers a multi-disciplinary team approach grounded in Cognitive Behavioural Therapy, which helps to change unhelpful or unhealthy habits of thinking, feeling and behaving. It includes key components of Dialectical Behaviour Therapy and a specialist dietitian facilitates the nutritional component of the program.

Format:

A weekly closed group session over ten weeks

Additional information:

An integral part of this program is a commitment to regular group attendance and practise of the skills introduced.

Mood And Anxiety Disorder Program

Who is it for?

People diagnosed with or experiencing depression or anxiety disorders such as bipolar disorder, dysthymia, generalised anxiety disorder, panic disorder, mild-moderate PTSD and trauma, social and other phobias and self-esteem, relationships, bullying, anger, anxiety, grief and guilt problems.

How does it help?

This two-week intensive program (Monday-Friday, 9am-12.15pm) helps individuals understand their life challenges and stressors, and discover constructive ways to cope more effectively with their lives and respective mental health conditions. The program (including 3 x three-hour follow-up groups over a three-month period) offers a framework of holistic CBT and schema therapy to identify thinking, emotional and relational patterns that underlie and maintain their stresses and problems.

Group therapeutic process, enables participants to learn and practise awareness, expression, communication, problem solving and relational skills to resolve past and current inner conflicts and ongoing life issues.

It also covers:

- Problem solving skills training
- Assertiveness training
- Fear exposure strategies
- Relationship enhancement strategies
- Meditation and Mindfulness
- Creative Expression strategies
- Emotional Regulation strategies
- Wellbeing and Resilience strategies

Format:

Every weekday morning for 10 days (usually starting on a Monday and ending on a Friday).

Follow up:

Individuals may attend monthly follow up sessions over a three month period.

Seniors Program

Who is it for?

Individuals struggling to deal with later life challenges such as the loss of loved ones, a decline in physical health and/or loss of independence.

How does it help?

The program aims to assist older people to live contented, fulfilled lives and focuses on helping them adjust to loss and change, manage depression and anxiety, improve sleep and socialise. It has been designed to meet different patient needs on different days.

Each patient is assigned a mental health therapist who monitors the patient's progress and liaises with other health professionals as needed. Group topics include:

- Management of anxiety and depression
- Building relationships
- Communication skills
- Social engagement
- Grief and loss
- Physical health topics
- Loneliness and isolation

The program incorporates:

- Cognitive Behaviour Therapy
- Mindfulness
- Art Therapy
- Activity Behavioural Therapy
- Positive psychology strategies
- Dialectical Behavioural Therapy strategies and
- Acceptance and Commitment Therapy

Format:

Full day program available Monday, Wednesday and Friday.

Trauma Awareness & Growth Program (General Public)

Who is it for?

Adults 18 years + who have experienced or witnessed a traumatic event or events such as:

- Acts of violence such as an armed robbery, war, or terrorism
- Natural disasters such as bushfires, earthquakes, or floods
- Interpersonal trauma such as rape, domestic violence, or child abuse
- Traumatic loss of a loved one, including the suicide of a family member or friend
- Experience of a life-threatening illness or injury
- Involvement in a serious motor vehicle or workplace accident
- Finding out that a close family member or close friend was involved in a traumatic event

How does it help?

This program helps individuals understand and manage trauma symptoms, to promote post traumatic growth and improve overall well-being.

The program includes:

- Understanding how trauma impacts the brain and the body
- How trauma impacts the head, the heart and the gut brain
- Managing your trauma responses
- Supportive behaviours for mental health and emotional well-being
- Interpersonal relationships and communication
- Self-compassion and resiliency

Format:

One day per week for six weeks

Art Therapy Program

Who is it for?

Art Therapy is especially effective for people who find it difficult to verbalise or acknowledge their feelings, thoughts and emotions.

How does it help?

Art Therapy involves using art for self-expression and reflection in the presence of a trained art therapist. Patients referred to the program don't need any experience or skill in art as the aim is to enable a patient to effect change and growth through the use of art materials in a safe environment.

As well as drawing, painting and clay, the art therapist may use creative writing, creative visualisation, music and movement.

It assists in:

- Increasing insight and awareness,
- Identifying blocks to emotional expression and growth,
- Developing creativity and self-expression,
- Developing self-understanding,
- Improving self-esteem,
- Solving problems and conflicts,
- Improving communication skills,
- Relaxation and focus, and
- Developing healthy coping skills.

Format:

Half day program every Monday



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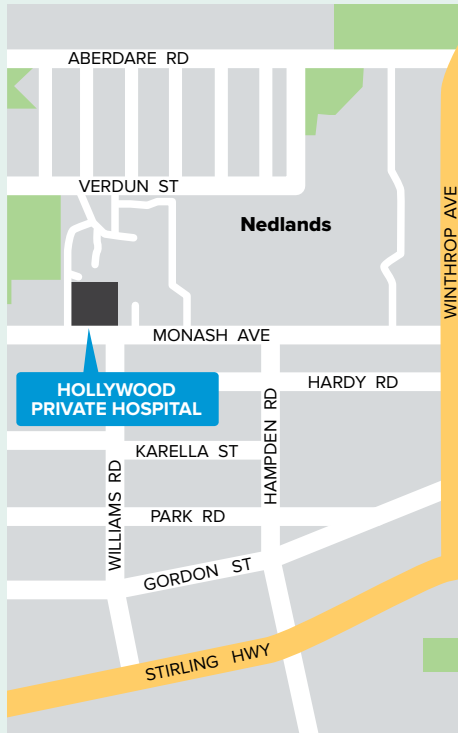
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A multi-story car park is conveniently located opposite
The Ramsay Clinic Hollywood, off Entrance 5 on Monash Avenue.



Ramsay Mental Health

Ramsay Clinic Hollywood

Entrance 5, Monash Avenue

Nedlands WA 6009

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People caring for people