



GROUP BASED MENTAL HEALTH DAY PROGRAMS



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ABOUT OUR SERVICE

St John of God Pinelodge Clinic's group based mental health day programs aim to provide ongoing treatment and support to people who have experienced a psychiatric illness and/or have a dependence on a substance.

Our day programs are designed to develop a person's inner and outer resources. This allows individuals to be better equipped in dealing with life's changes and difficulties, therefore maximising their potential for a healthy and independent lifestyle.

Programs endeavour to: provide individuals with support and encouragement, build life skills and develop strategies that will assist individuals to regain a previously held quality of life.

Resembling the hospital's Inpatient Therapy program a team approach is utilised when developing a tailored therapeutic plan to meet the patient's particular needs.

Our programs are targeted at:

- Discharged inpatients making the transition from hospital to home
- Patients who are receiving ongoing outpatient treatment and need additional assistance to overcome their difficulties, and
- Providing crisis information, assessment and counselling.

The programs adopt a team based approach involving the cooperation of:

- Psychologists
- Psychiatrists
- General and Mental Health Nurses
- Allied Health professionals

The team work towards assisting patient's in their recovery to a rewarding and active role in the community.

Program themes:

Often there are underlying physical, emotional or psychological issues for people who live with drug and alcohol dependency.

BENEFITS OF GROUP THERAPY

The Day program comprises a broad set of therapies designed to provide patients with a range of skills to manage their recovery and/or existing health and emotional conditions which can trigger relapse.

Some reasons why participating in a group program could be a helpful form of treatment for you are:

- Groups provide support and connectedness
- Groups provide a sounding board.
- Groups can propel you forward.
- Groups promote and help develop social skills.
- Groups help you get insights into yourself.
- Group therapy helps you find your “voice.”
- Group therapy helps you relate to others (and yourself) in healthier ways.
- Being part of a group can offer you insights that may be too close to your situation for you to notice.

Timetable of Programs:

This is available in hard copy at our hospital or you can access it on our website:

[www.sjog.org.au/pinelodgeclinic/hospital services](http://www.sjog.org.au/pinelodgeclinic/hospital%20services)

The timetables are located under the Day programs section in both the Drug and Alcohol and Psychiatric pages.

Please note: Therapist and programs may change at short notice due to circumstances outside of our control

GUIDELINES FOR ATTENDING DAY PROGRAMS

Day Program Contact:

Day Program Coordinator: 03 8793 9443

General Information Contact:

Hospital General reception: 03 8793 9444

Hours:

Hours – Mon to Friday: 9.30am – 2.30pm

(Day programs)

Evening: 4.00pm – 9.00pm

Saturday/Sunday 10.00am – 3.00pm

Program referral information:

In order to attend the Pinelodge Day Program, you must first obtain a referral from a psychiatrist who holds admitting rights to the Pinelodge clinic day program.

Once a referral has been made, the program intake coordinator will arrange for an intake assessment to be conducted.

It is important that you maintain regular contact with your admitting Pinelodge Psychiatrist. In order for you to continue to attend the day program, it is essential for you to continue to meet with your psychiatrist at least once every 6-8 weeks.

Health Insurance is highly recommended to provide coverage for the costs of attending the program.

Guidelines for Day Program attendance on arrival:

- Sign in at the Day Program Reception desk
- Please advise your group facilitator and reception staff if you need to leave your group early that day.

GUIDELINES FOR ATTENDING DAY PROGRAMS

Group Guidelines:

The therapy group is a structured and safe place where individuals join together to experience a process of learning and self-reflection.

The following is a list of the essential group guidelines. These guidelines ensure that a safe group space is created which allows for effective exploration of experiences for all participants. Through attendance at the day program it is understood that you agree to engage in groups under the following guidelines:

Punctuality:

- In order to minimise disruptions to the group therapy process, we ask that everyone do their best to come on time to group.

Confidentiality:

- All individuals have the right to confidentiality, thus it is agreed that what is said in the group will not be repeated outside of the group.
- Group members will use first names to refer to one another.

Respect:

- Respectful language is to be used to talk to each other in the group.
- Every group member has the right to speak and individuals should endeavour not to interrupt each other.
- A respectful and non-judgemental attitude is preferred when differences of opinions are experienced.
- Unacceptable, challenging behaviours and sarcastic language will be deterred at all times.
- Individuals are required to notify the group facilitator in the event of running late or being unable to attend – utilising the Pinelodge phone number (8793 9444).

GUIDELINES FOR ATTENDING DAY PROGRAMS

More importantly, if a group participant fails to advise of their non-attendance, next-of-kin will be notified to ensure your safety.

- Mobile phones need to be turned off/silent during the group with the exception of emergency situations.
- Aggressive behaviour will not be tolerated and will result in the individual being asked to leave the group.

Social contact:

- It is important to help each other maintain individual privacy. Therefore in case of a social encounter outside the group, the other person's privacy will be respected.
- To help group members feel comfortable, no personal questions will be asked by other group members and any personal information shared will be handled respectfully.
- It is important to recognise that each group member is in therapy for him/herself, and to focus on his/her own recovery process. Socialising outside of the group can lead to complications and is discouraged.

Regular Attendance:

- Each group member commits to being punctual and to attend the group regularly to ensure maximum gains. Missing two consecutive sessions may result in a review of treatment needs.

Attendance duration:

- Group members will attending the Day Program are requested not to remain on the hospital grounds outside the duration of the therapy group times.

Time- Out:

- If at any point during the group, an individual feels overwhelmed or finds it difficult to stay seated in the group, a brief time-out session can be taken, after letting the group facilitator know.

HEALTH FUNDS

Intoxication:

- No group member will attend the group under the influence of any substance, or have in their possession any drug paraphernalia.
- Your attendance at the Day Program is taken as agreement to engage in groups within the listed guidelines.

Health Funds:

Depending on your health fund and level of cover, there may be certain conditions associated with your coverage.

This may include gaps, breaks, or excesses. It is your responsibility to be aware of your coverage to avoid unpleasant surprises.

If you are a WorkCover or TAC participant, please ensure you are aware of your coverage conditions as there may be limitations to gaps and breaks.

DVA Gold card holders can attend day programs, other DVA card holders will require permission prior to commencing.

ACT NOW

Are you tired of struggling with stress, anxiety, or other issues that just won't go away? Would you like to have a richer, more authentic life?

Acceptance and Commitment Therapy (ACT) is a new therapy that has been shown to improve the quality of life for people who suffer from anxiety, stress, depression, addiction, and other issues.

This program is guided by the principles of ACT, neuroplasticity and Sensorimotor Psychotherapy and includes:

- The Art of Mindfulness and being present in this moment
- Opening your mind and heart
- Observing yourself in a truly kind and compassionate way
- Working out what is truly important to you, and what you most value
- Taking action toward your most important goals
- Skills to enable you to hold stress and other problems more lightly

Program aims:

Participants will build their understanding as to the mechanism of anxiety and develop coping strategies to reduce symptom severity.

Pre-requisites:

A willingness to engage and participate

BUILDING RESILIENCE

The Building Resilience Group is suitable as a follow up to the Dialectical Behaviour Therapy Skills training or for other individuals who would like to further enhance their relationship skills.

To participate in this group, you need to have completed an initial Dialectical Behaviour Therapy program or attended other group programs and feel ready to further integrate what you have learned.

The components of this program include the following:

- Mindfulness
- Reflections on the week
- Group Topics

Program aims:

This program aims to provide a safe and reflective space where group members can explore day to day, as well as historical problematic events and gain insight into underlying thinking and relating patterns of behaviour.

Pre-requisites:

Typically participants will have engaged in a previous entry level group such as Mindfulness or DBT and be familiar and comfortable with self-reflection and disclosure.

CREATIVE ART THERAPY

Art therapy is a form of expressive therapy that uses the creative process of making art to improve a person's physical, mental and emotional well-being.

Art therapy is based on the belief that the process of engaging in art making supports changes in an individual's inner world, and helps them to develop a more integrated sense of self, with increased awareness and self-acceptance.

Making art in a therapeutic environment provides a unique opportunity for the use of non-verbal communication to improve personal growth and insight. It allows clients to externalize and express emotions safely, as well as develop and manage their feelings and behaviors.

Group provides a safe, non-threatening space and invites group members to explore personal themes by using whatever variety of media he or she feels comfortable using. No artistic skills are required for this group.

The focus of the group is on the creative process and the artwork created in each session is seen as a meaningful expression for that person.

Program aims:

It is intended that via a variety of verbal and non-verbal methods, participants will engage in the creative art process to improve their overall wellbeing and develop a more integrated sense of self, with increased awareness and self-acceptance.

Pre-requisites:

A willingness to explore and participate

PRE-COMMITMENT DIALECTICAL BEHAVIOUR THERAPY PROGRAM

Dialectical Behaviour Therapy is an evidence based approach to treating people who present with complex problems, relationship problems, self-harm and substance use.

They often have a history of trauma and / or Borderline Personality Disorder. Informed by Marsha Linehan's (1993) model of treatment, Sensorimotor Psychotherapy & trauma research, group members will learn to integrate the following skills; Mindfulness, Distress Tolerance, and Emotion Regulation & Interpersonal Effectiveness.

Program aims:

This 6-session program aims to introduce and prepare participants to engage in a full term Dialectical Behaviour therapy program which is delivered over a 26 week duration across three modules.

Pre-requisites:

A willingness to attend weekly and participate in the weekly between group tasks.

DIALECTICAL BEHAVIOUR THERAPY

Dialectical Behaviour Therapy is an evidence based approach to treating people who present with complex problems usually around the ability to tolerate distress, regulate emotions, relationship difficulties, self-harm and substance use. This program is appropriate for those who meet some or all of the criteria for Borderline Personality Disorder. Research suggests that Marsha Linehan's (1993) model of treatment helps these individuals learn how to integrate the skills of Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness into their daily life.

Duration of the Program – The program will run once a week and the above mentioned four types of skills will be taught over three modules with a one-week break in between.

Module I – Mindfulness & Distress Tolerance (10 weeks)

Module II – Mindfulness & Emotion Regulation (10 weeks)

Module III – Mindfulness & Interpersonal Effectiveness (10 weeks)

Mindfulness is a core skill that will be learned in the first module and will continue to inform and be practiced in the other two modules. It is important that participants attend all modules. This is a closed group and will be limited to 12 participants.

Program aims:

The program aims to help individuals learn how to recognise distress in their bodies and to build their tolerance to uncomfortable emotions. Participants will learn how to gradually regulate and balance their emotions and to communicate more effectively with important others around them.

Pre-requisites:

Ideally Participant's will have attended a DBT-pre-commitment group and or a Mindfulness group.

DISORDERED EATING AND BODY IMAGE RECOVERY GROUP

This day program is for individuals who identify as having an eating disorder or have the following symptoms:

- Restricting or Excessive Dieting
- Overeating Compulsively or Bingeing
- Bingeing & then Purging
- Obsession with Food, Weight & Body Image

The program has been developed for individuals who are medically stable and are looking for a day program to aid in their recovery from an unhealthy relationship with food and body image.

The program provides education, skills and group psychotherapy to promote recovery.

Whilst the program promotes health, it does not specifically focus on the disordered eating behaviours, as recovery is attained through healing the underlying symptoms and behaviours which contribute to the disordered eating behaviours and negative body image.

Program aims:

This program intends to support and empower participants to explore factors that underpin their eating patterns and to develop a healthier, more adaptive relationship with food.

Pre-requisites:

A willingness to explore and participate.

EXPLORING EMOTIONAL EXPERIENCES

In this group the emphasis will be on understanding what sits underneath our emotional experiences and subsequent behaviour, alongside the continuing need to build resources to manage symptoms of depression, anxiety, addiction and other uncomfortable emotions.

The content of this group will also include:

- Exploring the emotions of powerlessness
- Shame
- Self-confidence
- Self-esteem
- Self-image
- Loneliness
- Fear and conflict as requested by the participants

Program aims:

The intended outcomes of this program will be greater;

- Empowerment
- Improved self-esteem and self –advocacy
- Increased self-awareness
- Improved capacity to tolerate uncomfortable emotion and the ability to regulate behaviour

Pre-requisites:

It is preferable that participants will have already completed Managing Uncomfortable Emotions Stage 1, a DBT focused group or equivalent.

ESSENTIALS FOR EMOTIONAL HEALTH

This program offers a holistic approach to building emotional resilience and overall well-being. It is underpinned by the “Essence of Mental Health” model which outlines the 7 pillars to wellbeing:

- Education
- Stress Management
- Search for meaning
- Exercise
- Nutrition
- Connectedness
- Environment

There is a strong focus on empowering individuals to take an active role in recovery from mental illness and/or addiction.

The program is suitable for:

- People in early recovery from mental illness and / or substance abuse;
- People who would like to learn practical skills and strategies to improve their emotional health; and
- People who would like to focus on enhancing their core emotional resilience and wellness before embarking on more intensive therapies

Program aims:

This program aims to support individuals to build emotional resilience and overall well-being.

Pre-requisites:

A willingness to explore and participate.

LIVING WELL

Recovery from stress, anxiety, depression, and other conditions, can take time. The worst part of suffering from these conditions is that we often feel alone.

The Living Well program helps build strong foundations for life, with better quality of relationships, healthier communication styles, and resolution of trauma, shame, guilt, and other emotional issues.

We draw on the latest science in neuroplasticity, to help you open the door to new possibilities.

This Day Program is guided by Self-Compassion and Mindfulness and is based on the principles of Acceptance and Commitment Therapy, Attachment Theory and Positive Psychology.

Topics cover areas such as:

- Issues related to depression and anxiety
- Coping with stress
- Good communication
- Creating healthy boundaries
- The Development of the Observing Self and on exploration of positive qualities such as gratitude and contentment

Program aims:

With a strong foundation in Mindful Compassion, this program aims to assist people to build and strengthen functional daily living skills to improve their overall quality of life.

Pre-requisites:

A willingness to explore and participate.

LOW MOOD AND DEPRESSION

This program is being offered to individuals who have a history of longstanding depressive symptoms; whose mood is low even when not in a depressive episode.

The program is intended for individuals who are self-critical, tend to feel inadequate and worthless, and who struggle to feel good, even when they do something well.

This group will be of benefit to those who internalise their feelings, have a tendency towards a negative outlook and are prone to worry.

Program aims:

The program will assist individuals to address their depressive symptoms, build resilience and improve functioning in relationships

Pre-requisites:

Participants will have a willingness to explore their emotions and be open to working towards building insight as to some of the underpinning factors.

MEN'S GROUP

This group is designed for men seeking greater self-awareness and more fulfilling interpersonal relationships.

The format of the group includes a mix of open discussion and skills building around men's issues within the context of mutual support and interpersonal process.

Some of the issues that may arise include:

- Anger management
- Experiencing anxiety in social situations
- Struggling to communicate one's thoughts, feelings, and needs directly
- Having difficulty trusting others or struggling to forge close, meaningful relationships
- Having trouble with self-esteem
- Self-sabotage in work and relationships
- Aligning with life goals, character strengths, personal values and sources of meaning

Program aims:

This program aims to support participants to develop greater self-awareness and improve interpersonal skills.

Pre-requisites:

A willingness to reflect and engage in group discussion.

MINDFULNESS BASED COGNITIVE THERAPY (MBCT) FOR DEPRESSION, ANXIETY AND STRESS

Underpinned by the principles of Mindfulness Based Cognitive Therapy (Segal, Williams & Teasdale, 2013), this structured skills-based program will assist participants to learn mindfulness and how it can assist with managing symptoms of depression, anxiety and stress. Through regular mindfulness and cognitive activities, group members will gradually deepen their awareness of their thinking and emotional states and strengthen their mind-body connection.

Program aims: Participants will develop the ability to notice unhelpful thinking and behaviour patterns and distress in their bodies, and with practice, will cultivate more skilful and balanced ways of responding to difficulties.

Pre-requisites: A willingness to engage and practice between group exercises.

BUILDING ON MINDFULNESS SKILLS

This program will assist participants to uphold and further develop their mindfulness practice within a supportive group environment. The group will focus on exploring current life issues and how mindfulness can be used to maintain and enhance wellbeing, as well as prevent, delay or manage a relapse or reoccurrence of mental health difficulties.

Program aims: This group aims to foster an ongoing curiosity about how mindfulness is helpful in dealing with mental health difficulties and symptom reduction. This will be achieved through continued refinement of one's capacity to relate to internal experiences (e.g. negative thoughts, bodily sensations) in a mindful way and the development of balanced ways of responding to difficulties.

Pre-requisites: This group is appropriate for individuals who already use mindfulness, or have previous mindfulness experience (e.g., have attended MBCT for Depression, Anxiety and Stress or have practiced mindfulness in other groups/therapy).

MINDFULNESS BASED PAIN MANAGEMENT GROUP - STAGE 1 & 2

Mindfulness Based Stress Reduction (MBSR) is a structured way of using your own internal resources to heal and transform your relationship with your pain and get back on track with your life

This 20-week group program is about:

- Understanding pain and it's physiology to enable you to change the way you think about pain, and reduce the threat it has placed upon you
- Teaching you practical skills to cope with pain
- Guiding you in learning and establishing a regular mindfulness practice
- Dealing with the fear associated with movement
- Increasing your mobility through gentle graded exercises and stretches
- Developing a different relationship with your pain
- Improving overall coping abilities
- Providing you with the skills and knowledge to address depression and anxiety as co-existing conditions
- Improving interpersonal relationships
- Dealing with flare ups
- Returning to a normal life using SMART goals

Program aims: This program encourages and supports participants to transform and relate to their pain in a way that has been proven by research, to be effective in reducing the subjective experience of pain.

Pre-requisites: Participants need to have completed stage I before commencing stage II.

PROGRAM FOR YOUNG PEOPLE (15 - 25yrs)

Pinelodge Clinic offers therapy groups for young people aged between 15-25years of age. Our groups run on a regular basis and are tailored for a range of psychological and emotional difficulties including:

- Anxiety and panic issues
- Low mood and depression
- Self-harm and suicidal thoughts
- Body image difficulties
- Self-esteem
- Sexuality and gender identify issues
- Adjustments difficulties
- Attachment and relationships Issues
- Substance misuse
- Personality disorders/emotional regulation
- Social skills training and communication

We endeavour to work with parents and families to assist them in supporting their young person to understand their difficulties, to assist in building insight into triggers, and understand and learn alternative coping strategies. We aim to provide holistic care to the young person and their family/carers in terms of assessment, treatment and follow-up care.

All our outpatient programs are based on evidence-based therapies and incorporate a range of therapeutic modalities including, Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, Acceptance and Commitment Therapy and Mindfulness.

Program aims: To provide psychological group based intervention to young people in a supportive, safe, and collaborative way. Therapy programs are run on a weekly basis

Pre-requisites:

- Youth under 16years of age must have parental consent or consent from a legal Guardian to attend.
- A willingness to participate and attend therapy groups weekly for the duration of the program.

RECOVERING FROM INTERPERSONAL TRAUMA STAGE 1

In this group, participants are invited to take part in understanding the impact of interpersonal trauma in their lives.

This can include the impact of sexual assault, domestic violence, war experiences, witnessing a traumatic event and other kinds of traumatic interpersonal events that threaten and/or overwhelm us.

Together we will explore the physiological and psychological impact of traumatic stress including understanding Post Traumatic Stress Disorder.

- The group will be educational as well as providing an opportunity to learn from each other.

The course content will include, but not be limited to, the following:

- Creating a safe environment together in which to talk honestly about experiences of trauma
- Paying attention to safety issues in our daily lives and what events in particular can trigger anxiety and distress
- Understanding techniques to help modulate or control arousal of the nervous system
- Learning to manage the distressing emotions of anxiety, fear, terror, grief, loss and other strong emotions
- Learning to feel more empowered in our lives and be proactive about improving the quality of our lives
- Learning to discover a personal “survivor mission”, which will assist to transform the original trauma and give meaning and purpose to our lives

Program aims: This program aims to support participants to explore and recovery from the effects of interpersonal trauma.

Pre-requisites: A willingness to attend weekly and to participate

RECOVERING FROM INTERPERSONAL TRAUMA STAGE 2

In this group, participants are invited to take part in further understanding the impact of interpersonal trauma in their lives.

This can include the impact of sexual assault, domestic violence, war experiences, witnessing a traumatic event and other kinds of traumatic interpersonal events that threaten and/or overwhelm us.

The group will consolidate existing resources and skills. It will be educational as well as an opportunity to learn from each other.

It will provide a safe therapeutic environment for participants to explore what recovery means to them.

Program aims:

In this program participants will consolidate and build on earlier learning's and emotional regulation skills acquired from entry level groups.

Pre-requisites:

Ideally participants will have already completed Interpersonal Trauma Stage I or have attended another entry level program such as Mindfulness or DBT.

TRAUMA INFORMED DIALECTICAL BEHAVIOUR THERAPY (DBT)

Many who have experienced trauma in their lives can develop a range of mental health issues, such as addictions, difficulties regulating their emotions, self-destructive tendencies, interrupted ability to develop a solid sense of self/identity, and difficulties in relationships. The program utilizes DBT Skills (Marsha Linehan's, 1993 model of treatment) to assist individuals learn integrate the skills of mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness, into their daily life. The program has an added component of psycho-education about the impact of trauma, as well as a focus on understanding the neurobiological basis of managing uncomfortable emotions and creating new emotional experiences around connection, living independently, and feeling emotions. Participants will also have the opportunity to reflect on how their past influences their present moment experiences.

Structure of the Program:

The above mentioned skills will be discussed across three modules which run for 10 weeks each.

Module I – The physiology of emotions and trauma
+ Mindfulness + Distress Tolerance

Module II – Emotion Regulation

Module III – Interpersonal Effectiveness

It is important that participants attend all sessions and modules. This is a closed group and will have limited places.

Program aims: Participants will learn about the impact of trauma and develop skills to identify and deal more effectively with distressing feelings. They will also learn skills to interact more effectively with important others in their lives.

Pre-requisites: This program is ideally suited, but not limited to, individuals who have engaged in some sort of therapy previously but who still struggle to manage strong emotions resulting from either interpersonal or other sources of trauma. Participants will be ready to commit to regular attendance and the effort and energy to make positive change.

SKILLS FOR ANXIETY

We all have anxiety, but, when it's ongoing and intense, it can lead to a range of health issues, such as: anxiety disorders, depression and substance use problems. High levels of anxiety can also be related to traumatic events or ongoing stress at work.

In the Skills for Anxiety group you will develop awareness of the causes of anxiety and develop coping strategies to reduce intense emotions. The group is informed by the latest research and uses techniques that will, when practiced regularly, help "re-wire" your brain for long-lasting change.

Based on an understanding that anxiety is related to embodied experience, as well as our thoughts, you will learn strategies for recognising and managing the physical signs of anxiety. When we are less overwhelmed by our emotions we are more able to focus our attention on other more healthy and meaningful activities. In other words, getting some space between yourself and anxiety can lead to the freedom and power to lead a happier life!

A core strategy used in the group is Mindfulness, which involves noticing our moment-to-moment experience in a way that is curious, non-judgemental and accepting. A vital part of mindfulness is cultivating self-compassion and kindness towards ourselves. For many this is a new experience, but one that has great potential to ease emotional suffering.

The group also uses techniques from Acceptance and Commitment Therapy (ACT), which helps us build skills to relate to our thoughts and feelings differently, so we are less "reactive" and more able to respond to challenges in a way that is guided by our values.

Program aims: Participants will build their understanding as to the mechanism of anxiety and develop coping strategies to reduce symptom severity.

Pre-requisites: A willingness to engage and participate

UNDERSTANDING AND MANAGING DEPRESSION AND ANXIETY

This group focuses on learning skills for understanding the nature of depression and anxiety and learning how to manage symptoms, which at times can be distressing.

This group aims to explore specific skills relevant to coping with such symptoms.

Group content includes:

- Understanding the nature of depression and anxiety
- Learning a wide range of skills that can be applied to daily life
- Practising mindfulness techniques such as being present in the moment, and developing a non-judgemental stance to yourself
- Developing self-compassion
- Learning to understand your ruminations, negative thinking and bodily sensations, in a different more adaptive way.
- A variety of theorists will be drawn upon

Program aims:

Participants will build their understanding as to the mechanism of anxiety and depression and develop coping strategies to reduce symptom severity.

Pre-requisites:

Participants will be committed to regular attendance and have a willingness to engage and participate

FAMILY INFORMATION & SUPPORT PROGRAM (FISP)

This program is tailored for family members, carers, and loved ones of people with problematic alcohol and/or substance use and/or mental health issues.

People who are struggling with addiction and/or mental health issues can feel alone, and misunderstood in their recovery, with little tools to communicate their needs. At the same time their family and loved ones can feel helpless, lose trust and hope, and may even feel guilty and ashamed without any professional support.

The FISP covers several key topics relevant to the needs of families/carers and significant others, over a six week period. Topics include Boundaries, Guilt & Worry, Personal Responsibility, Communication, Stress-Management and Self-Care. The exploration of these topics is complimented with easy to understand information about addiction and mental health issues.

This course runs for 6 weeks, offered in the evening.

Please contact us for the next starting date.
Bookings essential.

Program aims:

The aim of the program is to empower families with knowledge as well as provide them with direction in addressing key issues within their family, as they support their loved one in his/her recovery process.

Pre-requisites:

Family member or significant other has accessed PLC treatment.

EARLY RECOVERY GROUP

This group focuses on early recovery issues, breaking repetitive patterns and developing life skills and coping strategies. Participants will be encouraged to explore how their identity, life decisions and recovery journey is influenced by their environment and its various dimensions (family and friends, work, health, stress levels)

Program aims:

- To assist patients to regulate their emotions, cope with uncomfortable feelings, and start to understand the connection between their emotions, behaviours and actions.
- To assist participants to understand their drug use cycle and develop alternative responses to triggers.
- Understand the role that interpersonal relationships play in ones' life and develop a supportive network in the early stages of recovery.
- Provide a space for participants to reflect on their individual process of being in recovery from their drug of choice.

Pre-requisites:

- Attendees must identify themselves as being in 'early recovery'. This program is suitable for individuals who have recently detoxed and/or discharged from an inpatient admission.

MINDFULNESS BASED RELAPSE PREVENTION GROUP

This mindfulness based relapse prevention (MBRP) group provides a supportive environment for individuals in recovery from addiction to develop alternative coping strategies.

Program aims:

- Improve awareness of personal triggers and automatic reactions, and develop strategies for interrupting addiction processes.
- Change the relationship they have with discomfort, learning to acknowledge challenging emotional and physical experiences and respond in more skillful ways.
- Nurture a gentle, compassionate and non-judgemental stance towards themselves and others.
- Build a healthier lifestyle that is more in line with sobriety and current values.
- Provides a space to troubleshoot current challenges of their recovery journey and celebrate successes.

Pre-requisites:

- This group is suitable for individuals at varying stages of recovery, who are committed to the group process

RECOVERY GROUP

The group provides a supportive and safe environment for individuals to work on their recovery from addiction. It is a reflective group, which aims to promote one's level of awareness and sense of agency, to feel empowered and capable of making positive life choices. There is the option of attending a day or evening program.

Program aims:

- To support individuals to refine their ability to cope with substance use triggers and risk situations.
- To assist individuals to develop a self-compassionate and non-judgmental stance towards their recovery process.
- To develop relapse prevention skills by cultivating mindfulness practices, addressing life-meaning/values and goals clarification, and enhancing motivation for change in the context of current and ongoing sobriety challenges.
- Explore what has and what hasn't worked so well, and 'where to from here'.
- Provide a space of support, sharing and connection

Pre-requisites:

- This group is suitable for individuals at varying stages of recovery, who are committed to the group process
- Suitable for individuals wanting to begin managing addiction issues with an aim of transitioning into another type of therapy outpatient group.

Our location:

Free parking is provided onsite. Bus services operate along Heatherton Road, operated by Grenda's Bus Services - Grenda's 811 Brighton bound / 850 Glen Waverly bound buses leave Dandenong Station, Monday to Saturday.



About St John of God Pinelodge Clinic

St John of God Pinelodge Clinic is a division of St John of God Health Care, a leading Catholic not-for-profit health care group, serving communities with hospitals, pathology, home nursing and social outreach services throughout Australia, New Zealand, and the wider Asia-Pacific region.

We strive to serve the common good by providing holistic, ethical and person-centred care and support. We aim to go beyond quality care to provide an experience for people that honours their dignity, is compassionate and affirming, and leaves them with a reason to hope.



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