



**Northpark**  
PRIVATE HOSPITAL

## Psychiatric Services

*We've got your*  
**MENTAL HEALTH**  
*Covered 24 hours  
a day*



## Northpark Private Hospital

Northpark Private Hospital is a leader in the provision of inpatient and outpatient mental health services to individuals experiencing a wide variety of psychiatric conditions. The outpatient program delivers a range of therapeutic programs derived from evidence-based therapeutic models.

The program incorporates psychoeducational and skills focussed sessions derived from evidence-based therapies such as Cognitive Behavioural Therapy (CBT), Acceptance & Commitment Therapy (ACT) and Mindfulness Practices. This gives inpatients and outpatients opportunities to better understand their condition, and develop skills that will assist them to manage their symptoms and promote recovery, in a supportive and empathetic setting with highly experienced clinicians.

### What are Day Programs?

Day programs are group therapy programs that are provided to individuals experiencing mental health difficulties in the community, whom require ongoing clinical support and skills-learning to help them manage their difficulties. A range of day Programs are offered by highly-skilled and experienced mental health clinicians at Northpark Private Hospital, including Psychologists, Nurse Therapists, Social Workers, and Occupational Therapists. The programs may be closed (run for a predetermined number of weeks) or open (ongoing). Confidentiality, acceptance, empathy, and respect are prioritised and reinforced within the group therapy setting. Although day patients are members of a group, the therapists work hard to help each person to achieve their own personal objectives.

The Aims of the Day Program are to:

- Managing the transition to your home and community
- Provide ongoing assessment and support to individuals that may experience acute distress or crisis

- Enable attendees to promote their recovery through learning evidence-based skills and strategies
- Assist individuals to avoid hospital, improve their daily functioning, and over the long-term, build a better quality of life.

## How can someone join a Day Program?

A referral is required from a Northpark Private Hospital accredited Psychiatrist. If you do not already receive treatment from a Northpark-accredited Psychiatrist, please phone our Intake Worker to assist you in arranging an appointment: (03) 9468 0177 or (03) 9468 0554. The Psychiatrist will assess your suitability to the program, provide a referral, and arrange further appointments if this is required (e.g., every 3 months). If you have another Psychiatrist from which you receive treatment, the Northpark-accredited Psychiatrist will act as a secondary Psychiatrist to help manage your referrals and involvement in the Northpark Day Programs.

**Private Health insurance or Work Cover funding is strongly recommended. For other sources of funding, please enquire with Northpark private Intake worker (phone 9468 0177).**



# Recovery and Support Day Program

## **Who:**

This day patient program is provided to individuals that experience chronic mental health difficulties and require ongoing support across many areas of their life and livelihood, wish to learn psychological techniques to help manage their psychological symptoms, would benefit from being part of a supportive group of individuals and facilitators, and are ready to play an active role in their recovery.

## **Content:**

The main objectives of the group are to help you improve your general livelihood and functioning, reduce impairment related to your mental health conditions, and to teach you a very broad range of skills and strategies that will help you maintain a better quality of life. Examples of the skills you will learn are Assertiveness, Insight into your early warning signs and triggers, Anger Management, Problem Solving, Building Motivation, Mindfulness, and Promoting Healthy Relationship.

## **When:**

There are two Recovery and Support Groups that operate on Mondays and Wednesdays from 9.15am until 3.00pm, and are run by an experienced team of Psychologists. This is an ongoing group and is not time-limited, so individuals can join the group at any time and can be discharged when they are ready to continue their recovery process independently.

### **Recovery and Support operates on**

Mondays and Wednesdays, ongoing  
throughout the year, 9.15am – 3.00pm

For more info, please phone  
(03) 9468 0177 or (03) 9468 0554

# Acceptance and Commitment Therapy (ACT)

## a) ACT - 'Foundations' Day Program

### Who:

The ACT program is designed for adults who struggle to cope with difficult thoughts and feelings, who have become disconnected from their deepest values and who find themselves caught in a 'loop' of unwise choices and undesirable consequences.

The 'ACT - FOUNDATIONS' program is a supportive and non-threatening closed group program aimed at breaking the cycle between unhelpful or destructive emotions, feelings, thoughts and the behaviours they produce. ACT Foundations is offered to adults with a range of mental health problems. The group is led by one experienced facilitator.

The ACT – Foundations Day Program has two modules: Series I and Series II.

### Series I: Group members will:

Be introduced to mindfulness skills and practice mindfulness to manage strong urges

- Learn how to practice acceptance of unhelpful experiences, thoughts, emotions, urges and memories
- Develop greater awareness into the nature of their thoughts, emotions and urges
- Gain an awareness of their own values and take small steps to act on them
- Identify times of strong urges that are in conflict with personal values
- Identify difficult behaviours and begin to address the obstacles to action
- Learn to take committed actions toward their valued life direction

### When:

Thursdays for 10-weeks, between 9.15-3.00pm, on three occasions throughout the year.

# Acceptance and Commitment Therapy (ACT)

**Series II:** is a 10-week continuation of ACT Series I and applies the principles learnt to the individual's immediate, familial, and social worlds. Therefore, completion of ACT-Series 1 is required before Series II. Through the use of active listening, assertion and negotiation, the group member experientially learns to apply these relationship skills while accepting the difficult thoughts and emotions that may emerge.

**When:**

ACT-Series II is offered once a year for all people that have completed Series I.

## (b) ACT - 'Wise Choices' Day program

**Who:**

'ACT –WISE CHOICES' is offered for people who are highly vulnerable due to their mental illness and have significant difficulties managing their distress. This is a structured psychotherapy that is led by two facilitators to enable appropriate support to be provided to vulnerable group members.

The ACT program is focused on helping people to live full, rich and meaningful lives, irrespective of their diagnosis. ACT proposes that this can occur through learning to be present with both positive and negative internal experiences and through having a clear understanding of personal values.

**Content:**

The ACT Day Program has two modules: Series I and Series II.

**ACT-Wise Choices, Series I:** This is a 13-week program that introduces and reinforces a range of skills and insights, including:

- Mindfulness, to help in the development of self-awareness and to enable capacity to be present with both positive and negative thoughts, feelings and urges
- Understanding personal values and taking small steps to act on them
- Understanding and identifying strong urges that are in conflict with personal values
- And Identifying difficult behaviours and addressing the obstacles to action

**When:**

Wednesdays for 13-weeks, between 9.15-3.00pm, on two occasions per year.

**ACT-Wise Choices, Series II:** This is a 12-week program that applies the principles learnt in Series I to the individual's immediate familial and social worlds. As such completion of Series I is a prerequisite for undertaking Series II. The program encompasses relationship skills such as active listening, assertion and negotiation, the group member experientially learns to apply these skills while accepting the difficult thoughts and emotions that may emerge.

**When:**

Wednesdays for 12-weeks, between 9.15-3.00pm, on one occasion per year.

# Dependent Behaviours Program

## **Who:**

This program is designed for individuals experiencing problems with dependence or addiction to substances or gambling. It is aimed at those who wish to minimise the disruption and chaos that their involvement with substances or other addictive behaviours has created.

## **Content:**

The program focuses on the following:

- Group support – much of the learning involved is derived from the experiences of other group members; that is, what has been effective and ineffective for others. This is facilitated by an experienced therapist who incorporates skills-learning and psychoeducation into the sessions, such as mood management and distress tolerance. There is no pressure to participate in group discussion. Group members' comfort is a priority and contributions are spontaneous not forced.
- Learning about the way we relate to others and the impact this may have on our relationships.
- Appreciating the principles of Cognitive Behavioural Therapy and Acceptance and Commitment Therapy. This is used to assist group members to identify their triggers and consequent emotions and patterns of behaviour.
- Developing the ability to monitor distressing and/or maladaptive thoughts and emotions and recognise the urges and consequent cravings they may produce.
- Setting personal substance-use goals.
- Establishing individual relapse prevention strategies.
- Understanding previous coping mechanisms and developing helpful coping and adjustment strategies.

## **When:**

Thursdays, between 9.15 and 12.15, on an ongoing basis throughout the year.



# Cognitive Behavioural Therapy (CBT)

## **Who:**

The CBT Day Program offers people with a range of mental health conditions, primarily mood and anxiety disorders, opportunities to explore thoughts, feelings and behaviours and identify ways of implementing change. The program encourages challenging of negative thinking styles and unhelpful behaviours through supportive group work and experiential exercises.

## **Content:**

Throughout the CBT program, participants will learn to:

- Recognise 'thinking errors' and assumptions which can cause us to interpret things more negatively.
- Identify the 'core beliefs' which can perpetuate low mood and negative thinking.
- Challenge and break old thinking habits and replace them with more balanced appraisals.
- Practise assertive communication as a way to manage boundaries and express our needs.

CBT is an evidence-based and well-established therapy used world-wide to treat numerous conditions and difficulties. Each group is tailored to the needs and learning styles of the participants.

## **When:**

The CBT program is a 12- session program, running on Mondays, between 9:15 and 14:30.

# Mindfulness Based Cognitive Therapy

## **Who:**

Mindfulness Based Cognitive Therapy (MBCT) is a skills-based day program designed to help people who have experienced repeated episodes of depression by helping to prevent relapse. It combines the ideas of cognitive therapy with meditative practices and attitudes based on the cultivation of mindfulness. This involves becoming acquainted with the modes of mind that are features of depression, whilst simultaneously learning to develop a new relationship to them. The MBCT day program is an experiential program combining discussion about mindfulness and mindful living, with the regular practice of mindfulness meditation. A willingness to regularly engage in formal mindfulness practice at home is required.

## **Content:**

In MBCT, group members will be assisted to:

- Learn and relate to their thoughts, feelings and bodily sensations in a healthier way.
- Learn to make healthier choices based on increased self-awareness.
- Develop a regular formal mindfulness practice.
- Identify and wisely engage with mental states which may be indicative of depressive relapse.

## **When:**

MBCT will be offered once a year on a Wednesday, between 9.15am and 3.00pm, for nine weeks.

# Art Therapy Day Program

## **Who:**

Art Therapy is a program designed for adults with a wide range of mental health problems who are interested in using creative expression as a starting point for therapeutic exploration.

**No creative experience or talent is required to benefit from this program.**

## **Content:**

The purpose of Art Therapy is for participants to learn about themselves through creative expression and therapeutic group work. Engaging in creativity, reflecting on how you feel while making your art and finding meaning in the resulting art work is deemed important to making meaningful, life enhancing change. Through the process of Art Therapy group work, participants can expect to:

- Gain insight
- Make sense of feelings and reactions they don't yet have the words to explain
- Come to understand and make meaning of their personal experiences
- Catch sight of that which has been buried or blocked out but which impacts on their lives and recovery
- Get in touch with their personal strengths and resources

## **When:**

This is an Open group that runs every Monday (except public holidays), between 9.15am and 3.00pm.

# Wise Wellness Day Program

## **Who:**

The Wise Wellness Day program is designed specifically for older adults (65 or above) who are experiencing a wide variety of mental health issues.

## **Content:**

The day program aims to provide ongoing support to people who are experiencing mental illness later in life. This is offered within a context of understanding the interactions between the psychological, physiological and social effects of the ageing process. The program provides meaningful social contact, intellectual and physical activity to assist patients on their journey of recovery.

The program is facilitated by a multidisciplinary team, including social workers, occupational therapists, psychologists and a senior psychiatric registrar.

The day is divided into three parts, including warm up and craft activities, support therapy and psycho-education. Morning tea and lunch are provided.

## **When:**

This program is an Open (ongoing) group, runs every Tuesday (except Public Holidays), from 9:15 am to 2.15 pm.

# Mother and Baby Open Support Group

## **Who:**

The Mother and Baby Open Support Day Program is a continuous Support group provided to women who have been recently discharged from a Maternity ward or Mother and Baby Unit. This program also assists new mothers in the community that are experiencing difficulties with early adjustment and transition to motherhood.

## **Content:**

The strategies and topics addressed in this program focus on the mother's emotional health and disorders as well as the infant's health and wellbeing. These include:

- Understanding your baby
- Initial transition and adjustment
- Mother and Baby Interaction
- Coping day-to-day
- Stress, Mood and Anxiety Management
- Self-care
- Healthy partner relationships

## **When:**

The Program runs on Fridays for half a day between 10am and 1pm.

# Mother and Baby 12-week Day Program

## Who:

The Mother and Baby Day 12-Week Program is a specialist and structured program for women who experience emotional disorders associated with childbirth, adjustment, and other post-partum difficulties. The therapists provide professional support to mothers to develop the necessary skills to cope with these challenges and their own emotional distress. This program suits mothers of babies between birth and one-year of age and are welcome and encouraged to bring their child to this program. Mothers of children aged 1-5 years of age may attend the program alone.

## Content:

The strategies and topics addressed in this program focus on the mother's emotional difficulties and disorders as well as the infant's health and wellbeing. These include:

- Managing depression and anxiety
- Stress management and relaxation
- Communication skills
- Problem-solving and Time management
- Mother and infant relationship enhancement
- Improving Self-esteem
- Exploring and enhancing support networks
- Setting realistic expectations and goals

## When:

The 12-week Program runs on Thursdays between 10.00am and 3.30pm. The days that are scheduled depend on client preferences and suitability.

**There are two 12-week programs that operate on two weekdays, 10.30am-3.30pm, for 12 weeks. Client preferences are considered when scheduling these groups.**





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