

OUTPATIENT PROGRAMS 2024

Outpatient Support	Half-day, 12 week open group. Provides psychosocial support and maintenance of treatment gains as clients transition from inpatient care and/or whilst awaiting the commencement of another program.
Anxiety CBT	10 weeks, full day, one day per week. Designed to assist clients who experience a range of anxiety disorders to learn strategies to reduce anxiety symptoms and impact of these symptoms on quality of life.
Depression CBT	8 weeks, full day, one day per week. Designed to assist clients with a mood disorder to develop skills to reduce depressive symptoms and enhance quality of life.
Schema-focussed Therapy	15 weeks, full day, one day per week. Designed to assist clients with longstanding anxiety and depression. Explores core beliefs and associated automatic, behavioural coping responses, then broadens the range of coping responses to enhance quality of life.
Mindfulness in Practice (Adapted from Mindfulness based cognitive therapy)	8 weeks, half day, one day per week. The program combines traditional cognitive behavioural therapy with mindfulness practice. Targets treatment resistant depression as well as a range of associated problems such as stress, addictions, pain and anxiety.
Recognising & Preventing Relapse <i>ongoing</i>	Half-day, ongoing program. Designed to reduce likelihood of relapse and readmissions to hospital for patients with chronic mental health issues. <i>(Not approved for new DVA clients)</i>
Drug & Alcohol Relapse Prevention (Aftercare)	12 weeks, half day (run from 6-9pm), one day per week. Provides support, education and skills to reduce risk of relapse of a substance dependence disorder and/or behavioural addictions such as gambling.
DBT – Dialectical Behaviour Therapy	Initial commitment 6 mths, full day per week. Can be repeated to be 12 mths total. Client must commit to see their own individual therapist in the community at least once/fortnight. Addresses emotional dysregulation with focus on tolerating distress & reducing impulsive behaviours, improving interpersonal relationships & psychosocial functioning. Helps clients build a life worth living.
Intro to DBT	Half-day, 13 weeks. Provides an abbreviated set of DBT skills to improve capacity to regulate emotions, tolerate distress, and negotiate interpersonal difficulties. This program may be used as a step towards getting more out of other, more challenging group programs. A high risk of harm to self and/or others is an exclusion criterion.
RO-DBT - Radically Open DBT	Half day, 30 weeks. Radically Open Dialectical Behaviour Therapy focuses on over-controlled behaviours. Strategies target social connectedness and develop skills to activate neural pathways associated with social safety and desires for affiliation, non-verbal social signalling skills and establishment of trust, forgiveness of self and others, self-enquiry and openness, coupled with the breakdown of over learned inhibitory barriers.
Anger and PTSD	Full day, 12 weeks, one day per week. Specifically designed to meet people experiencing Post traumatic stress disorder and problematic anger. It is a cognitive behavioural approach to managing and building skills to cope with PTSD related anger.
Anxiety in PTSD <i>ongoing</i>	Full day, 10 weeks. Aims to address the hyperarousal and avoidance symptoms associated with PTSD and/or a co-morbid anxiety disorder.
CBT for Insomnia (with optional Nightmare treatment)	Half day, 8 weeks. Aims to improve sleep quality, time to get to sleep, number of sleep awakenings and duration of sleep. The CBT for Insomnia runs for 8 weeks. If you are experiencing nightmares, there is an additional half day component on weeks 2 to 7 of the program addressing nightmares by reducing distress and frequency of nightmares experienced.
STAIR - Skills Training in Affective & Interpersonal Regulation	Two formats: 1 days/week for 12 weeks or 6 day residential 'boot camp' completed twice. Improve functioning and wellbeing and prepare people for more intensive treatments. STAIR can provide benefits for : PTSD, mood and anxiety disorders, substance use disorders, personality disorders and those struggling with emotion dysregulation, social isolation or interpersonal difficulties.
TRP - Trauma Recovery Program (for adult trauma/PTSD) <i>express interest for next intake</i>	4 week intensive phase, 5 days/wk plus follow-ups (<i>access to residential accommodation</i>). Includes both group and individual therapy and emphasises inclusion of family & carers in treatment process. Uses trauma focussed interventions including individual prolonged exposure & group-based trauma themes. Intensive phase followed by a 9 month follow-up phase.