

Day Programs

SUMMARY OF MENTAL HEALTH PROGRAMS

How to enter a program

Patients attending a day program must be under the care of a private Psychiatrist accredited with Brisbane Waters Private Hospital. Patients will need a referral from their General Practitioner or Psychiatrist.

Our day programs are provided by an experienced team of health professionals including Psychiatrists, Psychologists, Art Therapists, Occupational Therapists and Social Workers.

Patients will be admitted as a day patient and as such, can claim the cost via their health fund. All funds have different rules. Brisbane Waters Private Hospital Day Programs staff will advise of any applicable out-of-pocket excess or gap costs.

Brisbane Waters Private Hospital

Brisbane Waters Private Hospital Day Programs:

21 Vidler Ave, Woy Woy NSW 2256

T: 02 4341 9522 F: 02 4342 4460

E: centralcoastclinic@healthecare.com.au / www.brisbanewatersprivate.com.au



Designed to promote quality of life by helping people understand and manage their mental illness, while encouraging changes in behaviour and patterns of thinking.

Brisbane Waters Private Hospital

a member of the [healthcare](#) group

Day Programs

For program dates and times
contact our Day Program Therapy
Coordinator on 02 4341 9522

Acceptance and Commitment Therapy (ACT)

This program is based upon the principle of accepting what is out of one's personal control and committing to take action to enrich one's life and make it more meaningful. The program learning assists to manage painful thoughts and feelings to have less impact and influence (mindfulness skills), whilst clarifying what is truly important and meaningful (clarify skills).



10
WEEKS

Addictive Disorders

The program is abstinence based and uses cognitive behavioural therapy, social learning theory and mindfulness. It includes a more psycho-dynamic approach. Each session begins with exploring the issues that have arisen during the week, moving onto learning the skills needed to maintain recovery and lessen relapse.



10
WEEKS

Cognitive Behavioural Therapy (CBT)

This program provides specific psycho-education and CBT skills based practice to manage anxiety and depression. It helps people to identify, understand and change unhelpful patterns of thinking which may negatively affect their lives.



10
WEEKS

Mindfulness Based Cognitive Therapy (MBCT)

This program aims to help better manage mood, attain better control of reactions to stressful events, and live with psychological and/or medical problems more effectively. MBCT is a scientifically validated program for depression relapse prevention, managing stress and negative mood states.



10
WEEKS

Project Art, Music, Movement

These programs focus on the benefits of creative expression within a group setting. This type of therapy can lead to enhanced wellbeing, increased self awareness and understanding, as well as discovering new perspectives and improving problem solving. Sometimes words are not enough and Project Art, Music & Movement therapy provides the opportunity to express one's self more fully through a range of different materials and activities.



10
WEEKS

Dialectical Behaviour Therapy Skills (DBT)

This program is skill-based and assists individuals experiencing emotional distress, manifesting in unstable mood states and unstable relationships. Dialectical Behaviour Therapy Skills Day Program (DBT) has a strong commitment to individualising therapy to meet the individual needs and to teach lifestyle enhancing skills. DBT combines standard cognitive behavioural techniques for emotional regulation and reality testing with concepts of mindful awareness, distress tolerance and acceptance.



12
WEEKS

Post Traumatic Stress Disorder (PTSD)

This program very specifically targets the problems associated with Post Traumatic Stress Disorder. The program addresses problems that arise from serving in high stress occupations, such as stress and arousal management, anger management, and improved communication and relationship skills. It is recommended that individuals participating are also undergoing individual therapy for specific trauma processing.



10
WEEKS

R.E.A.C.H. Depression & Bipolar

This Black Dog Institute developed program is based on the principles of Responsibility, Education, Acceptance, Connection and Hope. It is designed to help people manage their illness and stay well. Topics include fostering strengths; dealing with loss and grief; identifying early warning signs and triggers; well-being strategies; nurturing support networks, and creating a unique "stay well plan".



10
WEEKS

Perinatal Mental Health & Wellbeing

This program is designed for women who are experiencing emotional or psychological difficulties through pregnancy or after the birth. The program is based on the principles of Cognitive Behaviour Therapy (CBT) and has been developed from current research into perinatal disorders and international standards of treatment for these conditions. The program aims to build confidence and self esteem and assist with the development of skills and strategies for coping and managing emotions.



10
WEEKS

Young at Heart

This program is designed to meet the needs of those who are mature aged and may be experiencing adjustment difficulties, depression, anxiety or early signs of memory loss and cognitive changes. This program focusses on age-related issues including brain training exercises, creating a healthy balanced lifestyle through mental and physical activities, healthy eating and social activities.



8
WEEKS