

# Program Summary Flyer

Townsville Private Clinic provides comprehensive and intensive treatment programs for a wide range of mental health concerns. An experienced team of mental health professionals facilitate our programs, and patient attendance is under the care of their admitting Psychiatrist.

## Day Programs

- Acceptance and Commitment Therapy (ACT)
- Alcohol and Substance Use Disorder Program (ASUDS)
- Cognitive Behavioural Therapy (CBT) for Depression and Anxiety
- Creative Art Therapy (full day + half day)
- Dialectical Behaviour Therapy (DBT) Skills Training
- Dialectical Behaviour Therapy for Veterans (DBT-V)
- Dealing with Distress
- Men's Development Program
- Mindfulness Based Cognitive Therapy (MBCT)
- Mood and Food Day Program
- Safe Recovery Program (SRP)
- Successful Sleep Program
- Trauma Recovery Program (TRP)
- Women's Wellbeing Program
- Young at Heart Program

**Program** Acceptance and Commitment Therapy (ACT)  
**Time** 9:00am - 2:30pm  
**Duration** 1 day per week, over 6 weeks  
The ACT program is based on the principle of accepting what is out of your personal control while committing to taking values based action to enrich your life and make it more meaningful. The aim of the group is for individuals to learn to handle painful thoughts and feelings in such a way that they have less impact and influence (mindfulness skills), and to clarify what is truly important and meaningful (clarify values). It teaches participants to use this knowledge to guide, inspire and motivate themselves to set goals and take action that enriches their life.

**Program** Alcohol and Substance Use Disorder Program (ASUDS)  
**Time** 9:00am - 3:30pm  
**Duration** 1 day per week, over 8 weeks  
Alcohol and substance use disorders are frequently associated with anxiety, depression, relationship difficulties, trauma, medical health problems and social problems. Townsville Private Clinic has developed an endorsed clinical treatment program to assist people who misuse alcohol, cannabis or prescription medications to learn new ways of coping, as well as relapse prevention strategies so they can more effectively address factors causing problems.

**Program** Cognitive Behaviour Therapy (CBT) for Depression and Anxiety  
**Time** 9:00am - 2:30pm  
**Duration** 1 day per week, over 8 weeks  
The CBT for Depression and Anxiety Program teaches CBT skills to manage anxiety and depression. The program demonstrates the role of learned patterns of behaviour in maintaining, or worsening, anxiety and depression and teaches strategies to allow participants to use alternative methods of coping in order to minimise or eliminate their symptoms.

**Program** Creative Art Therapy  
**Time** 9:00am - 2:30pm (full day)  
9:00am - 12:00pm (half day)  
**Duration** 1 day per week, over 10 weeks  
\*\* sessions must be completed within 12 weeks

Sometimes words are not enough. Art therapy provides the opportunity to express one's self more fully through a range of different art materials and activities. It engages a range of senses rather than relying solely on the mind and talking techniques. Art therapy can lead to enhanced wellbeing, increased self-awareness and understanding, as well as discovering new perspectives and improving problem solving. This program has strong therapeutic foundations and explores the following topics: identity, personal strengths, emotional identification, masks, goal setting and vision boards, challenging perfectionism, values, authenticity, validation, and self-care. Please note that completing personal art projects is not the focus of this group.

**Program** Dialectical Behaviour Therapy (DBT) Skills Training  
**Time** 9:00am - 2:30pm  
**Duration** 1 day per week, over 20 weeks

The Dialectical Behaviour Therapy (DBT) day program covers mindfulness as well as three modules that aim to develop your skills in the areas of distress tolerance, emotion regulation, mindfulness and interpersonal effectiveness.

**Program** Dialectical Behaviour Therapy for Veterans (DBT-V)  
**Time** 9:00am - 2:30pm  
**Duration** 1 day per week, over 16 weeks

The Dialectical Behaviour Therapy for Veterans (DBT-V) day program covers mindfulness as well as three modules that aim to develop skills in the areas of distress tolerance, emotion regulation and interpersonal effectiveness. This program is for DVA and ADF personnel who are in the process of transitioning only.

**Program** Dealing with Distress  
**Time** 9:00am - 2:30pm  
**Duration** 1 day per week, over 12 weeks

This program is skills based and assists participants with impulsivity, interpersonal conflict, emotional regulation, anger and poor coping in stressful situations. It is based on Dialectical Behaviour Therapy (DBT), Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT) principles.

**Program** Men's Development Program  
**Time** 9:00am - 2:30pm  
**Duration** 1 day per week, over 10 weeks

This program utilises recognised therapeutical methodologies, interactive teaching processes, self-esteem and confidence building techniques. All elements are centred on helping men to become happier, more productive and emotionally centred.

**Program** Mindfulness Based Cognitive Therapy (MBCT)  
**Time** 9:00am - 2:30pm  
**Duration** 1 day per week, over 8 weeks

The aim of the Mindfulness-Based Cognitive Therapy (MBCT) Day Program is to help patients better manage their moods, attain better control of their reactions to stressful events, and to 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.

**Program** Mood and Food Day Program  
**Time** 9:00am - 2:30pm  
**Duration** 1 day per week, over 6 weeks

Improving diet with a solid nutritional foundation can be part of an individual's mental health wellness tool kit. The six-week Mood and Food Program course provides the knowledge, skills and support to assist patients to move towards healthier food choices. They will experience learning modules, check your knowledge activities, reflective practice, activities, goal setting, meal planning, and recipe selection as well as scheduled homework practice to enhance learning.

**Program** Safe Recovery Program (SRP)  
**Time** 9:00am - 2:30pm  
**Duration** 2 days per week, over 8 weeks

This program may be useful for people diagnosed with PTSD or who have experienced trauma in their life and would like to gain a deeper understanding of this issue and find skills and strategies to cope better in life. This program is for those who do not meet the criteria for the TRP program i.e they are not ADF/DVA or first responders. **\*Please Note\***The PCL5 is required in addition to the referral form for this program.

**Program** Successful Sleep Program  
**Time** 9:00am - 12:15pm  
**Duration** 1 day per week, over 6 weeks

The Successful Sleep Program is designed for people who are experiencing sleep loss or chronic sleep difficulties and would like some practical help in learning strategies for addressing this issue.

**Program** Trauma Recovery Program (TRP)  
**Time** 8:30am - 2:30pm  
**Duration** 2 days per week, over 10 weeks  
The Trauma Recovery Program (TRP) sessions provide skills and techniques to manage PTSD more effectively, understand its impact on one's self and others, as well as fostering a support network for participants. This program also offers individual therapy sessions alongside the group therapy program. \*Please note this group is for ADF / DVA or First Responders only\*

**Program** Women's Wellbeing Program  
**Time** 9:00am - 2:30pm  
**Duration** 1 day per week, over 10 weeks  
The Women's Wellbeing Program uses CBT principles and covers a variety of general wellbeing topics including: sleep, nutrition, exercise, self-care, values and goal setting, self-compassion, communication, forgiveness, the inner critic, mindfulness, character strengths & grief and loss.

**Program** Young at Heart Program  
**Time** 9:00am - 2:30pm  
**Duration** 1 day per week, over 8 weeks  
The Young at Heart Program is an eight week program designed for older people who may be experiencing adjustment difficulties, depression, anxiety or early signs of memory loss and cognitive changes. Patients attend the program one day per week and focus on age-related issues including brain training exercises, creating a healthy balanced lifestyle through mental and physical activities, healthy eating and social activities.

## Additional program information

### Days and times

Please confirm with Townsville Private Clinic Day Program administration.

### Program requirements

Individuals will attend a pre-program assessment prior to commencing in a group program. The aim of this assessment will be to complete pre-assessment tasks, consider goals for attendance and orientate individuals to the specifics of the program and expectations.

Homework is also given in between group sessions to allow participants to practice skills and apply the principles to their daily life.

### How to join

Patients interested in attending this program will need a referral to a psychiatrist with admission rights to Townsville Private Clinic.

### How much does it cost?

Participants are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Townsville Private Clinic Day Program administration.

### Our DVA approved programs include:

- Alcohol and Substance Use Disorder Program (ASUDS)
- Cognitive Behaviour Therapy (CBT) for Depression and Anxiety
- Dialectical Behaviour Therapy for Veterans (DBT-V)
- Trauma Recovery Program (TRP)
- Successful Sleep Program

### Further information

For more information about Townsville Private Clinic's range of therapy programs, please contact Townsville Private Clinic Day Programs on 07 4431 1600. Alternatively, scan the QR code below to learn more!

Scan the QR code to learn more about Townsville Private Clinic's day therapy programs.



# Townsville --- Private Clinic

136 Wills Street, Townsville QLD 4810 T: 07 4431 1600 F: 07 4431 1666  
E: [townsville@aurorahealth.com.au](mailto:townsville@aurorahealth.com.au) / [townsvilleprivate.com.au](http://townsvilleprivate.com.au)

**Aurora**