

Project Art for Mood Disorders

An experiential art program providing creative and expressive activities to explore, discover and reflect on wellbeing.

Who is the program for?

This program may be useful for patients who are diagnosed with mood disorders, anxiety disorders or other mental health conditions, and who would like to explore a creative way of processing and working through their healing journey.

The Project Art program does not require artistic skill or previous art making experience, only a willingness to engage in the process.

Program content

The therapeutic topics explored in this group are:

- Goal setting and vision boards
- Identity
- Personal Strengths
- Emotion Identification
- Masks
- Challenging Perfectionism
- Values
- Authenticity
- Validation
- Self-Care

A group setting is an ideal place to learn and practice these skills, as it offers a safe and supportive environment.

As this is an open group, participants can join the program at any stage and is completed after they have finished 10 sessions.

About the program

Sometimes our thoughts and feelings are hard to put into words or words become hard to find. Art and creative processes can be used to explore themes and experiences. Using creative expression as the primary method of communication, new ways of knowing and insights can emerge. These insights can help create change, increase self-awareness and general wellbeing. The activities offered throughout this program provide opportunities to express, explore, gain insights and can be an empowering tool for positive change.

The activities offered during this program are distinct from an art group or art class in that the goals are not about teaching specific techniques or producing beautiful artworks and there is no critique of artistic skill. Rather the focus is on the therapeutic process of art making and reflecting on the art created. It is about the journey not the destination.

Program Requirements

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

The program requires individuals to demonstrate a clear commitment to changing their behaviour by attending all group-based program sessions.

When is it held?

The Project Art for Mood Disorders Day Program is a 10-session program. It is held once a week. Each session runs for 3 hours. Light refreshments will be provided. The 10 sessions of the program need to be completed within a 13-week timeframe.

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How much does it cost?

You will be admitted as a day patient and as such, can claim the cost via your private health fund. All health funds have different rules. Please check with Townsville Private Clinic Day Program administration, who will advise you of any applicable out-of-pocket excess or gap costs that you will incur.

The Townsville Private Clinic is also an accredited NDIS provider, as such you may utilise NDIS funding to cover the costs of the program.

Your Next Steps

Individuals interested in attending this program will need a referral from a Psychiatrist with admission rights to Townsville Private Clinic. Please discuss the group with your treating psychiatrist or contact the Townsville Private Clinic Admissions & Assessment team on 1800 884 767.

**For information on this program please contact the Townsville Private Clinic Day Programs Team.
Phone 07 4431 1600 or email
townsville@aurorahealth.com.au**

