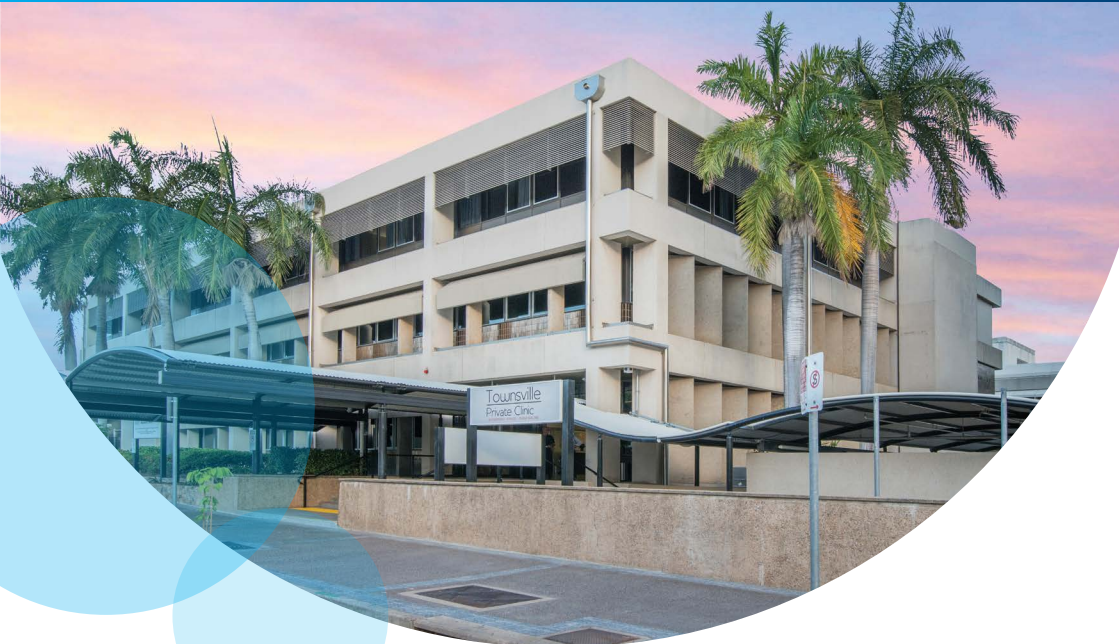


Day Programs

SUMMARY FLYER



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

Townsville
Private Clinic

a member of the healthcare group

Acceptance and Commitment Therapy (ACT)

This is a closed group program 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 assists learning to handle painful thoughts and feelings to have less impact and influence (mindfulness skills), whilst clarifying what is truly important and meaningful (clarify values).

Wednesday
9:00am to 2:30pm
8 weeks

Alcohol and Substance Use Disorder Treatment

This program is abstinence-based and uses cognitive behavioural therapy, social learning theory and mindfulness. Morning sessions are dedicated to exploring issues that have arisen during the week, while afternoon sessions focus on the skills needed to maintain recovery and lessen relapse. This program is DVA approved.

Monday
9:00am to 2:30pm
6 weeks

Cognitive Behavioural Therapy (CBT)

This program provides very specific psycho-education and 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.

Thursday
9:00am to 2:30pm
8 weeks

Dialectical Behaviour Therapy (DBT)

DBT focuses upon the psychosocial aspects of treatment and how a person interacts with others in different environments and relationships. DBT has demonstrated significant symptom improvement for clients with a variety of mental health issues such as Borderline Personality Disorder, intense or unstable mood states, self harm and unstable relationships.

Tuesday
9:00am to 2:00pm
20 weeks

Insomnia

This program is designed for people experiencing sleep loss or chronic insomnia and would like practical help in learning strategies to address this issue. Patients are required to keep sleep diaries (supplied), and complete a range of measures to assist in the monitoring of their sleep problems. Patients who have been treated for sleep apnoea but have residual insomnia may also find this program beneficial. This program is DVA approved.

One session
per week
Over
4 weeks

Mindfulness Based Cognitive Therapy (MBCT)

This program aims to help patients better manage their moods, attain better control of their 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.

Wednesday
9:00am to 2:30pm
8 weeks

Project Art

This open group program focuses on the benefits of creative expression within a group setting. Art 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 art therapy provides the opportunity to express one's self more fully through a range of different art materials and activities.

Tuesday
and Friday
9:00am to 2:30pm
10 weeks

RE.A.C.H.

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; wellbeing strategies; nurturing support networks, and creating a unique "stay well plan".

Thursday
9:00am to 2:30pm
9 weeks

Trauma Focused Post Traumatic Stress Disorder (TF-PTSD)

This program is evidence-based and designed for people diagnosed with PTSD. It educates participants about trauma, PTSD and coping skills to facilitate recovery, including individual trauma counselling. It also includes a three month and nine month follow-up with participants. This program is DVA approved.

Monday
and Tuesday
9:00am to 4:00pm
12 weeks

Young at Heart

This program is designed for older people who may be experiencing adjustment difficulties, depression, anxiety or cognitive changes. Patients focus on age-related issues including brain training exercises, creating a healthy balanced lifestyle through mental and physical activities, healthy eating and social activities. This program is DVA approved.

Friday
9:00am to 2:30pm
8 weeks



How to enter a program

Patients attending day programs must be under the care of a private Psychiatrist accredited with Townsville Private Clinic. 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.

Our day programs enable attendance during the day, then return home or to organised accommodation at the end of the day.

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

Townsville
Private Clinic

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