



Pine Rivers
PRIVATE HOSPITAL

Day Programs

PROOF



Pine Rivers Private Hospital (PRPH)

Pine Rivers is a dedicated Mental Health Facility providing both inpatient and outpatient care to individuals experiencing mental illness or dependency issues. Our multidisciplinary team includes skilled and experienced Psychiatrists, Psychologists, Registered Nurses, an Exercise Physiologist, Social Work, Diversional Therapy and Music Therapy.

PRPH delivers a high standard of comprehensive care, with state of the art equipment, a safe therapeutic environment, peaceful garden areas, quality furnishings and a wide range of services available. We provide quality of care in a compassionate and confidential environment.

Inpatient services include:

- Inpatient Group Therapy Program
- Individual Therapy
- Transcranial Magnetic Stimulation (TMS)
- Electroconvulsive Therapy (ECT)

The comprehensive Inpatient Group program offers a number of group therapy sessions facilitated by our experienced clinical team. The program involves psychoeducational and skills focussed sessions derived from evidence-based therapies such as Cognitive Behavioural Therapy, Positive Psychology, Acceptance & Commitment Therapy, Dialectical Behavior Therapy and Mindfulness Practices. As such, the program offers patients the opportunity to:

- Gain insight and understanding of mental illness and dependency
- Develop strategies to enhance mental health
- Learn and practice new and adaptive coping skills
- Explore issues relevant to recovery, and
- Enjoy creative and therapeutic activities.

Day Programs - Pine Rivers Private Hospital

Pine Rivers Private Hospital offers a number of Day Programs for both new and previous patients to the Hospital. Day Programs provide significant support throughout your recovery, in providing ongoing psychoeducation, development of adaptive coping skills, and regular support and structure throughout your week.

Programs offered at Pine Rivers Private Hospital offer therapy for a broad range of psychiatric conditions. The programs are evidence-based and are facilitated by suitably qualified and experienced mental health clinicians.

Day Programs assist patients in:

- Managing transition following hospitalisation.
- Outpatient treatment and support during periods of increased distress or crisis.
- Ongoing therapy to enhance well-being, improve functioning and facilitate personal growth to prevent readmission.
- Avoiding hospitalisation.

To join Day Programs:

- A referral is required from a Pine Rivers Private Hospital accredited psychiatrist.
- An Allied Health clinician will meet with you for assessment to identify which program(s) would best meet your needs.
- Regular appointments (at least three monthly) with your Pine Rivers Private Hospital accredited psychiatrist are required for ongoing attendance in Day Programs
- Private Health insurance is recommended.
- Other agencies, such as work cover or DVA, may also cover Day Program participation.

For further information or to schedule an appointment, please contact the Discharge Planning Coordinator or Allied Health Manager on 3881 7222.

Day Program Group Options for Specific Diagnoses

| Diagnosis | Programs | |
|-------------------|--|----|
| Mood Disorders | Acceptance & Commitment Therapy (ACT) Day Program | 7 |
| | ACT Advanced Day Program | 8 |
| | Diversional Therapy Day Program | 12 |
| | Living Well Day Program | 13 |
| | Moving Towards Wellness Day Program | 14 |
| | Optimising your Potential Day Program | 15 |
| | Positive Psychology + Day Program | 16 |
| | Schema Therapy for Depression: Re-writing your story | 17 |
| Anxiety Disorders | Acceptance & Commitment Therapy (ACT) Day Program | 7 |
| | ACT Advanced Day Program | 8 |
| | Diversional Therapy Day Program | 12 |
| | Living Well Day Program | 13 |
| | Moving Towards Wellness Day Program | 14 |
| | Optimising your Potential Day Program | 15 |
| | Positive Psychology + Day Program | 16 |
| | Trauma & Recovery Day Program | 18 |

| Diagnosis | Programs | |
|--------------------------------------|--|---|
| Personality Disorders | Acceptance & Commitment Therapy (ACT) Day Program | 7 |
| | ACT Advanced Day Program | 8 |
| | Dialectical Behavior Therapy (DBT) Foundations Day Program | 10 |
| | Dialectical Behavior Therapy (DBT) Skills Training Day Program | 11 |
| | Diversional Therapy Day Program | 12 |
| | Living Well Day Program | 13 |
| | Moving Towards Wellness Day Program | 14 |
| | Addictive Behaviours | Acceptance & Commitment Therapy (ACT) Day Program |
| ACT Advanced Day Program | | 8 |
| Addictive Behaviours Day Program | | 9 |
| Diversional Therapy Day Program | | 12 |
| Living Well Day Program | | 13 |
| Moving Towards Wellness Day Program | | 14 |
| Chronic Pain | Acceptance & Commitment Therapy (ACT) Day Program | 7 |
| | ACT Advanced Day Program | 8 |
| | Diversional Therapy Day Program | 12 |
| | Moving Towards Wellness Day Program | 14 |
| | Optimising your Potential Day Program | 15 |
| ADHD / Neuro-developmental Disorders | Optimising your Potential Day Program | 15 |



Weekly Schedule of Day Programs

| | Mon | Tues | Wed | Thur | Fri |
|--|-----|------|-----|------|-----|
| Acceptance & Commitment Therapy (ACT) Day Program | | ✓ | | | |
| ACT Advanced Day Program | | | | ✓ | |
| Addictive Behaviours Day Program | | | | ✓ | |
| Dialectical Behavior Therapy (DBT) Skills Training Day Program | | ✓ | ✓ | | |
| Dialectical Behavior Therapy (DBT) Foundations Day Program | | ✓ | | | |
| Diversional Therapy Day Program | ✓ | | | ✓ | |
| Living Well Day Program | ✓ | | | | ✓ |
| Moving Towards Wellness Day Program | | ✓ | | ✓ | |
| Optimising your Potential Day Program | ✓* | | | | |
| Positive Psychology + Day Program | ✓ | | | | |
| Schema Therapy for Depression: Re-writing your story | | | ✓ | | |
| Trauma and Recovery Day Program | | | | | ✓ |

* Half-Day Program

Acceptance & Commitment Therapy (ACT) Day Program

Who:

This program is suitable for adults with a range of mental health concerns.

Content:

Participants will take part in Acceptance & Commitment Therapy in a group setting, in which they will be assisted in:

- Developing Mindfulness skills, that is, learning to focus one's attention on the present moment without judgment.
- Developing a sense of acceptance of one's experience, including emotions, thoughts, urges, self and external experience.
- Enhancing psychological flexibility through learning cognitive defusion techniques to alter the way in which one relates to their thoughts, thereby reducing the impact of unhelpful cognitive processes.
- Identifying personal values and connecting with what's really important.
- Becoming committed to behaving in a way that is aligned with one's values, in order to live a full, rich and meaningful life.

When:

The program runs for 12 weeks on Tuesdays from 9:00am - 2:45pm. The program is a closed group, with intake occurring four times per year.

ACT Advanced Day Program

Who:

This program is suitable for adults with a range of mental health concerns who have completed the ACT Day Program.

Content:

Within a group setting, participants will:

- Consolidate understanding and application of ACT principles in order to live a deeper, richer and more meaningful life.
- Participate in a range of mindfulness experiential exercises to assist in further development of both formal and informal mindfulness practice.
- Continue to identify and align with values and uncover deeper values.
- Identify and address barriers to change.
- Develop an understanding of 'workability'; identifying principles that are individually relevant and explore personalised application of new insights and skills.
- Further enhance self-awareness.
- Develop an understanding of neuroplasticity.

When:

The program runs for 12 weeks on Thursdays from 9:00am - 2:45pm. The program is an open group, accordingly patients can commence at any time within the 12 week cycle, numbers permitting.

Addictive Behaviours Day Program

Who:

The program is suitable for individuals working toward, or maintaining, abstinence from addictive behaviours. This program is DVA approved.

Content:

The program draws from a variety of approaches, including Cognitive Behavioural Therapy, Acceptance & Commitment Therapy and Positive Psychology. The group program aims to:

- Provide peer and professional support to maintain sobriety and recovery.
- Enhance understanding of the dependency syndrome and recovery process.
- Develop adaptive coping skills to manage the physical, psychological and social difficulties specific to addiction.
- Equip participants with adaptive skills to achieve a meaningful and enjoyable recovery.

When:

The program runs for 12 weeks on Thursdays from 9:00am - 2:45pm. The program is an open group, accordingly patients can commence at any time within the 12 week cycle, numbers permitting.

Dialectical Behavior Therapy (DBT) Foundations Day Program

Who:

This program is suitable for adults experiencing longstanding and chronic emotional difficulties. The program is relevant for adults experiencing traits of Borderline Personality Disorder (BPD) or with a diagnosis of BPD.

Content:

The DBT Foundations program provides the foundation for the DBT Skills Training Day Program. DBT is a well-established treatment designed to stabilise a range of symptoms, such as difficulty managing emotions, relationship difficulties and high levels of distress.

Within a group setting, the Foundations program explores:

- ‘What is DBT?’, including the different components of skills training.
- The biosocial theory of emotional vulnerability.
- Symptoms of BPD.
- Debunking myths re: BPD.
- Cycle of Change and Goal Setting.
- Adaptive Problem Solving techniques.
- Ways to effectively address barriers to therapy.

When:

The program runs for 5 weeks on Tuesdays from 9:00am - 2:45pm. Attendance is required weekly. The program is a closed group, with intake occurring three times per year.

Participation is a pre-requisite for entry into the 12 month DBT Skills Training Program.

Dialectical Behavior Therapy (DBT) Skills Training Day Program

Who:

This program is suitable for adults experiencing longstanding and chronic emotional difficulties. The program is relevant for adults experiencing traits of Borderline Personality Disorder (BPD) or with a diagnosis of BPD, whom have completed the DBT Foundations Program.

Content:

DBT is a well-established treatment designed to address a range of concerns, such as difficulty managing emotions, relationship difficulties and high levels of distress.

Within a group setting, the Skills Training program teaches:

- Core Mindfulness Skills
 - Learning to control the mind, to focus attention on present moment, increase self awareness, self acceptance and reduce emotional reactivity.
- Emotion Regulation Skills
 - Learning to understand, identify and manage emotions effectively.
- Distress Tolerance Skills
 - Learning to effectively cope with high levels of emotional distress, without making things worse.
- Interpersonal Effectiveness Skills
 - Understanding barriers to effective communication and developing appropriate communication skills to enhance relationships.

When:

The program is a 12 month DBT Skills Training program involves three 14-week modules on Tuesdays or Wednesdays from 9:00am - 2:45pm. Attendance is required weekly.

The program is a closed group, with intake occurring three times per year.

Diversional Therapy Day Program

This program is suitable for individuals with a broad range of mental health concerns or addiction. Diversional Therapy provides opportunities for individuals to participate in creative activities which promote:

- Relaxation
- Mindfulness Skills; ability to focus on the present moment.
- Letting go of judgment
- Personal growth and fulfilment
- Improved ability to manage emotions and tolerate distress
- Enhanced self-esteem
- Improved confidence
- Social connection.

Additionally, the Diversional Therapy Program will incorporate aspects of a range of evidence-based therapies. Features of Positive Psychology will be included, which promote the importance gratitude, engaging in pleasurable activities and contributing to others in a meaningful way. The program will also explore a range of distress tolerance strategies such as those taught in Dialectical Behavior Therapy.

Activities are designed to support, challenge and enhance the psychological, social, emotional and physical well-being of individuals. Through participation in this program, it is anticipated that individuals will be better able to focus on positives, become more grateful, use reflective tools, learn adaptive coping strategies and discover a range of self-calming techniques.

When:

The program runs weekly on Monday and Thursday from 9:00am - 2:45pm. Attendance is required one day per week. Participants are booked in for 12 weeks, however, may attend for as many weeks as needed numbers permitting.

Living Well Day Program

This program is suitable for individuals with a broad range of mental health concerns or addiction. LWP is general day program, designed to provide regular support, structure and learning opportunities to participants for as long as required, whether that be to support the transition from inpatient to outpatient services, whilst waiting for availability of a specialist Program, or ongoing.

The program includes:

- Support Therapy: a space for participants to explore current concerns whilst gaining support from both facilitators and co-patients.
- Empowerment: exploring perceptions of self and ones experiences to generate an empowered position in creating growth, change, development and personal evolution. It is about choosing to, and moving towards, being a 'creator' as opposed to the helpless or hopeless position of the 'victim'.
- Psychoeducation regarding a wide range of mental health issues.
- Skills focus: development of adaptive coping skills derived from evidence-based therapies such as Cognitive Behavioural Therapy, Acceptance & Commitment Therapy, Positive Psychology and Mindfulness Practices.

When:

The program runs twice weekly on Mondays and Fridays from 9:00am – 2:45pm. Attendance is required at least once weekly. Participants are booked in for 12 weeks, however, may attend for as many weeks as needed numbers permitting.

Moving Towards Wellness Day Program

Who:

Individuals with a psychiatric diagnosis impacting on lifestyle choices and physical health, whom are striving toward improving both physical and psychological well-being.

Program Facilitation:

The program is facilitated by our dedicated Exercise Physiologist and Mental Health Nurse. Exercise Physiologists specialise in the delivery of education and exercise for the prevention and management of chronic diseases, injuries and mental health concerns. Interventions include advice & education, support, physical activity and strategies for lifestyle change.

Program Content:

Within a group setting, participants will be supported to:

- Understand the impact of nutrition on physical and mental health.
- Identify positive and achievable nutritional choices to improve well-being.
- Understand the relationship between physical activity and both physical and mental health.
- Experience the benefits of exercise in enhancing well-being.
- Develop exercise plans to meet individual needs.
- Address barriers to change and enhance motivation.
- Improve self-care, health and lifestyle choices.
- Develop mindfulness skills.
- Reduce physical and emotional vulnerability.

When:

The program runs for 12 weeks on Tuesdays and Thursdays from 9:00am - 2:45pm. Attendance is required once weekly. The program is an open group, with Intake occurring every 4 weeks.

Optimising your Potential Day Program

Who:

This program offers a therapeutic group based program for adults experiencing difficulties in executive functioning related to Mental Health concerns (e.g. mood disorders, anxiety, past substance abuse, ADHD). Cognitive difficulties may include impaired memory, focus and attentional deficits, or other executive functioning difficulties.

Content:

This program, facilitated by a Clinical Neuropsychologist, consists of a cognitive-behavioural therapeutic model developing skills of organisation, attention, and planning. Mindfulness Based Cognitive Therapy is also integrated to enhance awareness of thought and emotion, and skills to manage and regulate these components of experience.

Throughout the program patients will:

- Enhance understanding of factors causing and maintaining cognitive difficulties.
- Develop a broad range of time management techniques.
- Understand the impact of mood on efficiency.
- Identify unhelpful thought patterns and learn techniques to manage those effectively (cognitive restructuring or defusion)
- Improve motivation.
- Create adaptive reward systems.
- Develop organisational skills.
- Create and implement a personal project.
- Improve social cognition and communication skills.
- Plan for future growth.

When:

The program runs for 11 weeks on Mondays from 9:00am - 12:15pm. Attendance is required one day per week. The program is a closed group, with intake occurring four times per year.

Positive Psychology + Day Program

Who:

The program is suitable for adults with Mood or Anxiety Disorders.

Content:

In a group setting, participants will predominantly explore the concepts of Positive Psychology, an approach that supports individuals to improve well-being and flourish. Core features of Positive Psychology include:

- Positive Emotion: Exploring ways to create and enhance positive experience.
- Engagement: Connecting with and being absorbed by the task at hand utilising strengths.
- Relationships: Building and nurturing positive relationships.
- Meaning: Belonging to and serving something bigger than the self.
- Accomplishment: Achieving in life.

When:

The program runs for 12 weeks on each Monday from 9:00am - 2:45pm. The program is an open group, accordingly patients can commence at any time within the 12 week cycle, numbers permitting.



Schema Therapy for Depression: Re-writing your story

Who:

This program is suited to individuals diagnosed with Depressive Disorders, such as Major Depression or Persistent Depression.

Content:

Schema Therapy is a well-established evidence-based treatment for Depression. Whilst predominantly Schema Therapy based, the program also draws from Mindfulness Based Cognitive Therapy techniques to ensure a comprehensive approach.

In a group therapy setting, you will:

- Develop an understanding of Depressive Disorders.
- Identify lifestyle factors that may contribute to the development and maintenance of depressive symptoms.
- Address lifestyle factors to reduce vulnerability.
- Understand how to apply behavioral activation to reduce negative experience and increase positive experience and emotion.
- Identify unhelpful thinking styles, and develop strategies to reduce distress associated with unhelpful thoughts.
- Develop Mindfulness skills; be more present, let go of rumination or worrying.
- Develop a comprehensive understanding of maladaptive schemas, identifying those relevant to personal experience and their impact on own thoughts, feelings and behaviour.
- Learn to combat and replace maladaptive thoughts and coping modes.
- Develop self-compassion and build a 'healthy self'.
- Develop relaxation and self-soothing skills.

When:

The program runs for 12 weeks on Wednesdays from 9:00am - 2:45pm. The program is a closed group with intake occurring four times per year.

Trauma and Recovery Day Program

Who:

Individuals who have experienced past or recent trauma/s.

Content:

The program is derived from a range of evidence-based therapies, in particular Cognitive-Behavioural Therapy and Mindfulness practices. Given the group therapy format, exposure therapy is not incorporated. Instead, the focus is on the development of adaptive coping strategies to enhance ability to effectively manage the impact of trauma.

Within a group setting, participants will be supported to:

- Understand trauma & the impact of trauma on body, mind & social functioning.
- Understand safety & identify ways in which to create it.
- Enhance self-care & reduce emotional vulnerability.
- Develop adaptive behavioural coping skills to manage the symptoms of trauma, including:
 - Emotion Regulation Skills, including relaxation skills
 - Self-Soothing Strategies, including grounding and Mindfulness.
- Understand the link between thoughts, feelings and behavior, and learn strategies to manage unhelpful thoughts and maladaptive core beliefs.
- Address avoidance behaviours.
- Develop skills to manage flashbacks, memories and dreams.
- Develop self compassion.
- Create safe boundaries and assertion skills.
- Manage shame, guilt and loss.
- Attain post-traumatic growth.

When:

The program runs for 12 weeks on Fridays from 9:00am - 2:45pm. The program is a closed group, with intake occurring four times per year.

Transport

Free car parking for visitors is available at the front of the hospital. Regular bus services operate along the main road and the nearest train station is situated at Strathpine. Timetables and route details are available at reception. Reception staff will be happy to call a taxi if required.

Directions

Public Transport

| | |
|-----|---|
| Bus | Bus 670, 671, 672, 673, 674, 680, 681 (Strathpine Westfield Shopping Centre) |
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Schedule is available from Translink on 13 12 30

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| Train | Trains leave Strathpine Station every 30 mins via the Caboolture line |
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Pine Rivers
PRIVATE HOSPITAL

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A Healthscope hospital.

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