# Group Day Programs

Caring for you every step of the way



Pine Rivers
PRIVATE HOSPITAL
by Healthscope

# About us

**Pine Rivers Private Hospital is a dedicated mental health facility providing both inpatient and outpatient services, private practice psychiatry appointments and Group Day Programs (face to face and virtually) to individuals experiencing mental illness or dependency issues.**
Our multidisciplinary team includes skilled and experienced psychiatrists, psychologists, registered nurses, exercise physiologist and social workers.

Pine Rivers Private Hospital 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. We provide quality of care in a compassionate and confidential environment.

**Inpatient services include:**

- Electroconvulsive Therapy (ECT)
- Transcranial Magnetic Stimulation (TMS)
- Eye Movement Desensitisation Therapy (EMDR)
- Individual Therapy
- Inpatient Group Therapy Programs facilitated by our experienced clinical team.

Programs include psychoeducational and skills focused sessions derived from evidence-based therapies such as Cognitive Behavioural Therapy, Positive Psychology, Acceptance & Commitment Therapy, Dialectical Behavior Therapy and Mindfulness Practices.

**Patients will:**

- 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.

# Outpatient Group Day Programs

Pine Rivers Private Hospital offers a number of Group Day Programs patients aged 17+ years across a broad range of psychiatric conditions.

Programs are evidence-based and facilitated by qualified and highly experienced mental health clinicians.

Programs provide psychoeducation, development of adaptive coping skills, and regular support and structure throughout the week. Group Day Programs provide significant support to assist patients with recovery through:

- Managing transition following hospitalisation
- Accessing outpatient support during periods of increased distress or crisis
- Engaging in ongoing therapy to enhance well-being, improve functioning and facilitate personal growth
- Reduce the need for further hospitalisations.

**To access Day Programs:**

- A referral from your GP or community based psychiatrist is required to a Pine Rivers Private Hospital accredited psychiatrist (*see our website for list of Psychiatrists who can directly admit*)
- A clinician will complete an assessment with you to identify which program(s) best meet your needs.
- Regular appointments (at least three monthly) with your Pine Rivers Private Hospital accredited Psychiatrist are required for ongoing participation in Programs.
- **Funding options:** Private Health Insurance/ WorkCover / DVA / ADF/ NDIS, Third Party Insurers or Self-Funded. Our administration team can advise if you are funded for programs onsite +/- virtual classes.

**For start dates and updates**, go to the "Group Day Programs" tab on our website:

www.pineriversprivatehospital.com.au

**Send referrals to:** pinerivers.referrals@healthscope.com.au

**For further information** or to **discuss funding** – email Prv.Enquiries@healthscope.com.au or phone 07 3881 7222.

# Face to face and virtual options

At Pine Rivers Private Hospital we understand that sometimes on-site mental health consultations are just not practical. You may live too far away from the clinic, have dependents or caregiving responsibilities that prevent you from leaving home, or are simply unable to attend for health reasons.

Virtual, Group Day Programs have been introduced to help in these situations and are conducted just like telehealth appointments using the live-streaming Teams platform.

 Look for this symbol throughout this brochure to indicate which programs are available virtually. Please note that sessions may have participants attending both in person and virtually

**Prior to your session:**

- You will need internet access to join the Teams link (sent to you via email) on computer, Ipad or phone
- Connect into the Teams link 15 mins before the start of the session to avoid connectivity problems & have time to fix them if you do
- Your session times are your “space”. Being prepared is an important part of therapy. Ensuring that you are comfortable, dressed appropriately and have a safe and private space to work from is important.
- Please maintain privacy, ensuring you are able to remain alone for the entirety of the session, without interruptions from family, friends or others. Group
- Confidentiality is to be maintained at all times by taking appropriate measures to ensure it remains in place.
- Consider self-care after the session has ended for the day. Try to make sure you do not have to rush away to attend to other responsibilities, instead taking 5-10 mins for a break. Perhaps make yourself a cup of tea, or do something you enjoy for a few moments, taking some time out to refresh!

Participation in full day programs via telehealth is funded by some health funds only.

Please contact our friendly admin team to check if your Private Health Fund supports virtual programs or if you have further questions on 07 3881 7222 or email Prv.Enquiries@healthscope.com.au.



# Group Therapy – Day Program for specific diagnoses


| Diagnosis | Programs | |
|---|---|---|
| **Mood disorders** | Acceptance & Commitment Therapy (ACT) Day Program | 8 |
| | Creating Well-Being Day Program | 10 |
| | Compassion Focused Recovery | 11 |
| | Living Well Day Program | 16 |
| | Moving Towards Wellness | 18 |
| | Positive Psychology + Day Program | 19 |
| | Schema Therapy for Depression: Re-writing your story | 22 |
| **Anxiety disorders** | Acceptance & Commitment Therapy (ACT) Day Program | 8 |
| | Creating Well-Being Day Program | 10 |
| | Compassion Focused Recovery | 11 |
| | Living Well Day Program | 16 |
| | Managing Worry: GAD | 17 |
| | Moving Towards Wellness | 18 |
| | Positive Psychology + Day Program | 19 |
| | Trauma and Recovery | 23 |
| **Trauma & Stressor Disorders** | Acceptance & Commitment Therapy (ACT) Day Program | 8 |
| | Dialectical Behavior Therapy (DBT) Foundations Day Program | 12 |
| | Dialectical Behavior Therapy (DBT) Skills Training Day Program | 13 |
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| Diagnosis | Programs | |
|---|---|---|
| **Personality disorders** | Acceptance & Commitment Therapy (ACT) Day Program | 8 |
| | Creating Well-Being Day Program | 10 |
| | Compassion Focused Recovery | 11 |
| | Dialectical Behavior Therapy (DBT) Foundations Day Program | 12 |
| | Dialectical Behavior Therapy (DBT) Skills Training Day Program | 13 |
| | DBT Graduates | 15 |
| | Living Well Day Program | 16 |
| | Moving Towards Wellness | 18 |
| **Addictive behaviours** | Acceptance & Commitment Therapy (ACT) Day Program | 8 |
| | Addictive Behaviours Day Program | 9 |
| | Creating Well-Being Day Program | 10 |
| | Compassion Focused Recovery | 11 |
| | Living Well Day Program | 16 |
| | Moving Towards Wellness | 18 |
| **Chronic Pain + Co-occurring Mental Health Concern** | Acceptance & Commitment Therapy (ACT) Day Program | 8 |
| | Creating Well-Being Day Program | 10 |
| **Neuro-developmental disorders** | Acceptance & Commitment Therapy (ACT) Day Program | 8 |
| | Creating Well-Being Day Program | 10 |
| | Compassion Focused Recovery | 11 |
| | Moving Towards Wellness | 18 |

# Weekly schedule of Day Programs

| | Mon | Tues | Wed | Thur | Fri |
|---|---|---|---|---|---|
| Acceptance & Commitment Therapy (ACT) Day Program | | ✓ | | | |
| Addictive Behaviours | | | | ✓ | |
| Compassion Focused Recovery | | | ✓ | | |
| Creating Well-Being | ✓ | | | ✓ | ✓ |
| Dialectical Behavior Therapy (DBT) Foundations | | | | | ✓ |
| Dialectical Behavior Therapy (DBT) Skills Training | | ✓ | ✓ | | |
| DBT Graduates | | | ✓ | | |
| Living Well | ✓ | | | | ✓ |
| Managing Worry: GAD | ✓ | | | | ✓ |
| Moving Towards Wellness | ✓ | | | | |
| PTSD – Frontline | | | ✓ | ✓ | |
| Positive Psychology + | ✓ | | | | |
| Schema Therapy for Depression: Re-writing your story | | | | ✓ | |
| Trauma and Recovery | | ✓ | | | |

Virtual access available for these sessions

**Tea & coffee, morning tea (1/2 day programs) & lunch provided (Full day programs) – Please wear comfortable clothing.**

**To find out start dates and updates**, go to the "Group Day Programs" tab on our website: www.pineriversprivatehospital.com.au

*** Please note: program changes may occur after the printing of this booklet.** Our administration team can advise if you are funded for programs onsite +/- virtual classes. Phone 07 3881 7222 or email: prv.enquiries@healthscope.com.au for further information.

# Acceptance & Commitment Therapy (ACT)



## Who should attend:

This program is suitable for individuals with a range of mental health concerns +/- addiction.

## Program content:

**Within a group setting, participants 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 is this program available:

10 weeks on Tuesdays. 9:00am – 2:15pm

**Closed group:** Patient must commence on program start date and attend all sessions. No joining after commencement.

# Addictive Behaviours



## Who should attend:

The Addictive Behaviours Program is abstinence based. That is, the program is suitable for individuals either working towards or maintaining abstinence from addictive behaviours such as drug abuse, alcohol abuse or gambling.

## Program content:

The program draws from a variety of approaches, including Cognitive Behavioural Therapy, Acceptance & Commitment Therapy, Positive Psychology and Motivational Interviewing.

**The group program aims to:**

- Provide peer and professional support to maintain abstinence 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 recovery.
- Develop relapse prevention skills.

## When is this program available:

12 weeks on Thursdays, 9:00am – 2:15pm.

**Open Group:** Patients can commence at any time within the 12 week cycle, numbers permitting.

This is a DVA approved program.

# Creating Well-Being

## Who should attend:

This program is suitable for individuals with a broad range of mental health concerns or addiction.

## Program content:

**Creating Well-Being provides opportunities for individuals to explore a range of therapeutic concepts & skills via creative activities.**

The Creating Well-Being Program incorporates aspects of a range of evidence-based therapies. Features of Positive Psychology will be included, which promote the importance of 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 Behaviour 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, enhance insight, learn adaptive coping strategies and discover a range of self-calming techniques.

## When is the group available:

12 weeks, Monday, Thursday or Fridays, 9:00am – 2:15pm

**Open Group:** Patients attend once weekly and can commence at any time within the 12 week cycle, numbers permitting.

# Compassion Focused Recovery

## Who should attend:

This program is suitable for adults experiencing a broad range of mental health concerns or past addiction.

## Program content:

CFR integrates compassion focused methods from Dr Kristin Neff's Mindful self-compassion program and Dr Paul Gilbert's Compassion Focused Therapy. The overarching foal of CFR is to address shame and self-criticism. CFR draws upon traditional Cognitive Behavioural Therapy, Acceptance and Commitment Therapy and Buddhist Psychology and Neuroscience.

CFR blends psychoeducation with skills-based approach, designed to enhance the ability to apply self-compassion to both self and others and subsequently challenge unhelpful thought and behavioural patterns and regulate emotions effectively.

**Therapy goals include:**

- Understanding the relationship between compassion and mental health.
- Understanding neuroplasticity and the benefits in changing one's cognitive and behavioural experience.
- Developing Mindfulness skills
- Enhancing insight re: past and present experience, and opportunities for change.
- Developing the practice of self-kindness and self-compassion.
- Letting go of the inner critic
- Understanding Emotional Regulatory Systems (Threat, Drive, Soothing).
- Identification of negative/ unhelpful thoughts.
- Addressing unhelpful thoughts via restructuring or defusion.
- Connecting with values and behaving in a way that is aligned with one's values (committed action).
- Cultivating balance.
- Enhancing communication and relationships by instilling a compassionate approach towards self and others.
- Reducing fear/anxiety-based avoidance.
- Enhancing emotional regulation skills
- Applying forgiveness to reduce suffering
- Cultivate Gratitude for well-being.

## When is the group available:

10 weeks, Wednesdays, 9:00am – 2:15pm

**Closed group:** Patient must commence on program start date and attend all sessions. No joining after commencement.

# Dialectical Behavior Therapy (DBT) Foundations



(pre-requisite for DBT Skills 12 mth Program)

## Who should attend:

This program is suitable for individuals 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.

## Program content:

This program provides foundational learning prior to moving onto the DBT Skills Training 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 is this program available:

3 weeks, Wednesdays, 9:00am – 2:15pm.

Patients attend one day a week. The day of the week is subject to change for intakes and our team is best able to advise on next schedule.

**Closed group:** Patient must commence on program start date and attend all sessions. No joining after commencement.

# Dialectical Behavior Therapy (DBT) Skills Training



## Who should attend:

This program is suitable for individuals 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, who have completed the DBT Foundations Program.

## 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 the 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 is this program available:

Tuesdays or Wednesdays: 9:00am – 2:15pm.

**Closed group:** Patient must commence on program start date and attend all sessions. No joining after commencement.

## Program schedule:

- 7 weeks – Core Mindfulness & Interpersonal Effectiveness
- 9 weeks – Core Mindfulness & Emotion Regulation
- 8 weeks – Core Mindfulness & Distress Tolerance

It is recommended that patients complete each module twice to enhance understanding and consolidation of skills.



# DBT Graduates



## Who is this program for?

The DBT graduates program at PRPH is designed for individuals with a diagnosis of Borderline Personality Disorder (BPD) or Emotional Dysregulation, who have completed the DBT skills training program with sound understanding and application of DBT Skills and concepts.

## Program content:

DBT Graduates program aims to consolidate and strengthen DBT skill acquisition, empowering participants to move beyond an intellectual understanding of the skills, to experiencing and integrating the skills in everyday life. Through the regular use of group discussions and mindful self -reflections, participants will be provided with opportunities to develop, enhance and share their understanding and application of DBT skills. .

**Therapy goals of the DBT Graduate Program include:**

- Consolidate, strengthen and reinforce DBT skills.
- Increase capacity for productive self-reflection.
- Broaden the understanding of DBT concepts.
- Move beyond an intellectual understanding of the skills and move in greater experiential application of skills.
- Expand repertoire of DBT skills—exploring and developing skills not covered within the DBT Skills Training Program.
- Skill generalisation; Implement skills at the ground level, in everyday life.

## When is this program available:

8 week module on Wednesdays 9:00am – 2:15pm.

This program is a closed group, with intake occurring five times per year. No Joining after commencement.

# Living Well

## Who should attend:

This is a general program suitable for individuals with a broad range of mental health concerns and/or addiction. It's designed to provide regular support, structure and learning opportunities to participants.

This program is beneficial for individuals who are transitioning from Inpatient to Outpatient services requiring additional support whilst waiting for a closed program to commence or for those requiring ongoing recovery support.

## Program content:

- **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 is this program available:

12 weeks on Mondays or Fridays: 9:00am – 2:15pm

**Open Group:** Patients can commence at any time within the 12 week cycle, numbers permitting.

# Managing Worry: GAD



## Who should attend:

Day Program to treat and support patients with a diagnosis of Generalised Anxiety Disorder, or whom experience excessive worrying

## Program content:

The Managing Worry – GAD program is a 6 week Full Day Program using CBT. Each week a new CBT skill is taught, with experiential practice of the skills considered essential to ensure effective implementation with good effect.

**Therapy goals include:**

- Understanding Generalised Anxiety Disorder and theimpact of excessive worrying.
- Conceptualising GAD within the CBT framework,specifically understanding the relationship between thoughts, feelings and behaviours.
- Developing relaxation skills enabling effective regulation of the nervous system.
- Identifying maintaining factors of GAD.
- Developing Cognitive Restructuring Skills.
- Identifying unhelpful thinking patterns.
- Building tolerance to uncertainty.
- Creating, and participating in, behavioural experiments to effectively challenge unhelpful worries.
- Troubleshooting behavioural experiments to enhance efficacy.
- Developing effective decision-making.
- Developing problem solving skills.
- Exploring strategies for worry postponement to reduce frequency and duration of worrying.
- Relapse Prevention

## When is this program available:

6 weeks on Fridays: 9:00am – 2:15pm

The program is a closed group, with intake occurring four times per year. No joining after commencement.

# Moving Towards Wellness

## Who should attend:

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

## Program content:

The program is facilitated by our dedicated Exercise Physiologist and Psychologist. 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 and education, support, physical activity and strategies for lifestyle change.

**Within a group setting, participants will be supported to:**

- Understand the relationship between physical activity & nutrition and physical & mental health.
- Address barriers to change and enhance motivation.
- Explore the role of social connection in mental health.
- Experience the benefits of exercise in enhancing well-being.
- Develop exercise plans to meet individual needs.
- Build self esteem and self efficacy through movement.
- Explore how exercise can help manage persistent pain.
- Identify positive and achievable nutritional choices.
- Identify ways in which to support healthy aging.
- Improve self-care, health and lifestyle choices.
- Improve sleep.
- Become empowered in navigating challenges.
- Identify strengths and values, and align behaviour with those.
- Develop mindfulness skills.
- Reduce physical and emotional vulnerability.
- Cultivate recovery oriented & helpful self-talk.

## When is this program available:

12 weeks on Mondays: 9:00am – 2:15pm

The program is an **open group**, accordingly patients may commence at any time, numbers permitting.

# Positive Psychology +



## Who should attend:

The program is designed to treat and support patients with a broad range of mental health concerns or addiction.

## Program content:

Positive Psychology, developed by Martin Seligman, is an evidence based approach with a focus on enhancing well-being, despite the experience of mental health concerns. It focuses on the idea that well-being is more than the absence of misery and can be lastingly increased through enhancing the following six elements of the PERMAH model:

- **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.
- **Health** – attending to physical health to enhance physical and mental well-being.

The program also incorporates Cognitive-Behavioural and Acceptance and Commitment Therapy approaches, including mindfulness, to enhance coping skills in maintaining progress in recovery from mental illness or addiction.

## When is this program available:

12 weeks on Mondays, 9:00am – 2:15pm

**Open Group:** Patients can commence at any time within the 12 week cycle, numbers permitting.

# PTSD – Frontline

## Who should attend:

Emergency Services Workers, Corrections Officers (past or present), ADF or DVA members experiencing symptoms of PTSD.

## Program content:

Participation in this group –based Cognitive Behavioural Therapy program provides access to both professional and peer support, enabling enhanced insight regarding the impact of trauma (biological, psychological and social) and normalisation of the trauma response. The program assists in the development of adaptive coping strategies, supports clinical stabilisation and assists in re-engagement in valued functional activities.

**Therapy goals of the PTSD program include:**

- Psychoeducation re: symptoms, causes and neurobiology of PTSD
- Developing Mindfulness and Grounding skills
- Developing Distress Tolerance Skills, e.g. self-soothing and distraction
- Nightmare, flashback management
- Reducing emotional vulnerability
- Understanding emotions
- Developing ways to manage emotional dysregulation effectively
- Understanding fight/flight/freeze response and the Window of Tolerance
- Enhancing self-compassion, addressing self-criticism and unrelenting high standards
- Identifying and managing unhelpful thoughts (via restructuring or defusion)
- Exploring safety, trust, power/control, self-esteem and intimacy
- Behavioural activation and activity scheduling
- Developing assertiveness skills
- Exposure tasks
- Understanding and addressing moral injury
- Managing transition to civilian life
- Addressing addictive behaviours
- Relapse prevention and wellness planning.

## When is this program available:

This closed group program runs for 10 weeks from 9:00am - 2:15pm.

Attendance is required twice weekly (Wednesdays and Thursdays).

Three additional Follow-Up sessions are offered at 2 monthly intervals post completion of the 10 week program.



# Schema Therapy for Depression: Re-Writing Your Story



## Who should attend:

This program is suited to individuals diagnosed with depressive disorders, such as major depression or persistent depression.

## Program 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.

**Therapy goals of the Schema Program include:**

- Developing skills to effectively manage emotions, including Mindfulness, Relaxation and Self-Soothing.
- Identifying Early Maladaptive Schemas and Schema Domains.
- Understanding how Schemas develop.
- Understanding the importance of, and developing, Self-Compassion.
- Understanding core childhood needs, including unmet needs.
- Understanding Schema Modes and goals of Schema Therapy.
- Enhancing awareness of Coping Styles.
- Promoting 'Happy Child' mode.
- Developing awareness, connection with, and compassion for the 'Vulnerable Child'.
- Meeting the Angry/Impulsive Child mode and setting limits for the 'angry child/impulsive child'.
- Growing awareness of Dysfunctional Critic modes.
- Building healthy responses to Critic messages.
- Challenging maladaptive schemas.
- Exploring positive schemas.
- Building skills for 'Healthy Adult'
- Understanding The Wellbeing codes

## When is this program available:

12 weeks on Thursdays, 9:00am – 2:15pm

**Closed Group:** Patients must commence on program start date and attend all sessions. No joining after commencement.

# Trauma and Recovery

## Who should attend:

Individuals who have experienced past or recent trauma/s.

## Program 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.

**Therapy goals include:**

- Developing an understanding of trauma and the impact on body, mind and social functioning.
- Enhancing relaxation, self-soothing and grounding skills.
- Taming unhelpful Thoughts.
- Understanding Anxiety, Dissociation and the Nervous System.
- Identifying avoidance, escape and safety behaviours.
- Improving Sleep.
- Exploring the impact of trauma on relationships.
- Managing Anger effectively.
- Coping with shame and guilt.
- Coping with flashbacks, nightmares and triggers.
- Managing grief.
- Reducing procrastination and enhancing motivation.
- Attaining post traumatic growth

## When is the program available:

12 weeks on Tuesdays, 9:00am – 2:15pm

**Closed Group:** Patients must commence on program start date and attend all sessions. No joining after commencement.

## Transport and nearby facilities

- Free on street visitor parking
- 5 min walk to Strathpine Train Station
- 3 min walk to Council Buses (Gympie Rd outside shopping centre)
- 3 min walk to Westfield Strathpine Shopping Centre (featuring: banks, post office, groceries, retail shopping)

Timetables and route details are available at reception. Staff are happy to call a Taxi/Uber if required.

## Directions

### Public Transport

| | |
|---|---|
| **Bus** | Bus 327, 338, 669, 670, 671, 672, 673, 674, 680, (Strathpine Westfield Shopping Centre) Schedule is available from Translink on 13 12 30 |
| **Train** | Trains leave Strathpine Station every 30 mins via the Sunshine Coast - Caboolture line or the Redcliffe Peninsula Line |



# Notes

# Notes




## Referrals for Day Program can be sent to;

**E** Pinerivers.referrals@healthscope.com.au

**F** 07 3881 7545

Via Medical Objects

Referrals can be addressed to an identified doctor or to **Pine Rivers Private Psychiatrist**.

To ensure your patients gain access to groups as soon as possible – please include in your referral the objective to **JOIN DAY PROGRAM**

Pine Rivers
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