

People caring for people



Life Skills Day Program



NEW FARM
CLINIC

What is the Life Skills Day Program?

The program provides education, skill-training, support and monitoring to out-patients with varying presenting problems, who would benefit from a more integrated and holistic treatment approach.

Why do we use Group Therapy?

The Life Skills Day Program offered by New Farm Clinic is conducted in groups. Group therapy has been found to be effective for the following reasons:

1. Shared Experiences

Sharing perceptions and reactions in a group setting allows individuals to see that they are not alone, and that others also experience problems of a similar nature.

2. Relatedness

It can be overwhelming for an individual to manage in the home setting and a feeling of isolation can emerge. Group therapy can help to foster a sense of relatedness as participants meet others who share the experience of mood and trauma related disorders.

3. Support

The mood and trauma day program provides support to those experiencing trauma related mood and anxiety disorders by demonstrating genuine concern and empathy for participants. One of the aims of the program is to provide a supportive environment for participants to explore strategies for overcoming their mood and anxiety disorders.

4. Education & Skills training

Educating participants regarding the nature of mood and anxiety disorders and the relationship between these disorders is the first step in developing a plan for recovery. Skills training is an essential and valuable element of this group program which provides participants with the tools

they require for managing their symptoms. These tools can then be utilised in conjunction with their treating psychiatrist as part of their overall treatment plan.

5. Peer Feedback

The group approach allows participants to benefit from constructive feedback from peers who have similar experiences.

What does the Life Skills Day Program consist of?

- A two day per week program
- Program follows a 7 week cycle.
- Referrals accepted throughout the year.

When will the Program be held?

The Program runs on Mondays and Wednesdays from 9.00am to 2.30pm and includes morning tea and lunch.

Aims of the Program are to:

- Facilitate the recovery process
- Improve motivation
- Increase understanding of mood and anxiety disorders
- Educating participants regarding the maintenance factors in mood and anxiety disorders
- Provide skills required for management of symptoms
- Facilitate development of goal setting for recovery
- Prevent relapse

Program Content Includes:

- Education regarding Mood Disorders
- Education regarding Anxiety Disorders including Trauma related disorders
- The relationship between Mood and Anxiety Disorders
- Who gets Mood and Anxiety Disorders
- The cognitive model of Mood and Anxiety Disorders

- The Role of cognition in the development and maintenance of these disorders.
- The role of Avoidance in maintenance of Anxiety Related Disorders.
- The role of Exposure Therapy in treatment of Anxiety Related Disorders
- Self-help skills for managing symptoms
- Goal setting
- Problem solving
- Relapse prevention
- Practice exercises
- Homework exercises
- Identity, self-esteem and self-confidence building
- Self-monitoring
- Behavioural Activation (i.e. pleasurable event scheduling, balanced lifestyle)
- Social/interpersonal skill building
- Cognitive restructuring and Schema therapy
- Trauma recovery work where appropriate. Topics include: managing PTSD symptoms; exploring the impact of traumatic events; and introducing various cognitive, behavioural and emotive techniques for trauma recovery e.g. imagery, re-scripting, letters, inner-child work.
- Relaxation and self-care (including diet and exercise).

Costs

Private health insurance generally covers the cost of treatment but patients are recommended to check the level of cover that their health fund offers for treatment. Staff are available to discuss our current fees with those patients who wish to pay for their own treatment.



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