

Day patient programs at the Sydney Clinic

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Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Anxiety Management Program	Dialectical Behaviour Therapy (DBT)	Dialectical Behaviour Therapy (DBT) Intro	Dialectical Behaviour Therapy (DBT)	Cognitive Behaviour Therapy (CBT) Addictions Program	Dialectical Behaviour Therapy (DBT)
Alcohol and Other Drugs Program		Acceptance and Commitment Therapy (ACT)	Alcohol and Other Drugs Program		
Dialectical Behaviour Therapy (DBT)	Mastering Moods Program	Dialectical Behaviour Therapy (DBT)	Dialectical Behaviour Therapy (DBT)	Cognitive Behaviour Therapy (CBT) Addictions Program	Dialectical Behaviour Therapy (DBT)
	Acceptance and Commitment Therapy (ACT)	Next Steps Peer Support Program	Building Resilience Program		
E-Referrals available - For further information, please visit https://thesydneyclinic.com.au/doctors/eReferrals-mental-health					

The Sydney Clinic

22-24 Murray Street, Bronte NSW 2024 | Phone: 02 9389 8888 | Fax: 02 9389 5699

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Alcohol & Other Drugs Program

This group is designed to help people who are interested in maintaining, or working towards, abstinence. It helps individuals who experience problems with misuse of alcohol, drugs (recreational or prescription), as well as other addictive behaviours.

It uses group therapy in three stages:

1. Support therapy which is an opportunity to speak openly in a safe environment, to be supported by and be supportive of other group members
2. A focus on mindfulness is a way of coping with thoughts, urges and cravings that may lead to relapse
3. Psycho - Education on a range of topics related to addiction and relapse prevention

The program will help people to:

- Cope with cravings and urges
- Increase self - awareness and insight
- Assess and cope with high risk situations
- Make and maintain lifestyle changes
- Prevent and manage relapse behaviour

When: 10:00am - 1:30pm Mondays
or 5:30pm - 8:30pm Thursdays

Contact: Please contact the Continuum of Care Planner if you would like information or would like to register.

Phone: 02 9389 8888



Ask your GP for a referral

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Cognitive Behaviour Therapy (CBT) Addictions Program

Group discussion focuses upon topics such as:

- Recognising addictive thinking styles and challenging addictive thinking
- Behavioural and cognitive strategies for balanced living
- Relationships in recovery: rebuilding trust, communication and honesty
- Emotion regulation skills
- Cognitive and behavioural tools for preventing relapse
- Self - care strategies for coping with addiction

When: 10:30am - 1:30pm Fridays

Contact: Please contact the Continuum of Care Planner if you would like information or would like to register for this program.

There are limited spaces, if you do not make this group you can be placed on a waiting list for our next group.

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Building Resilience

This group is ideal for people who need to learn the skills of resilience in order to reduce vulnerability to relapse.

What does this program cover?

Week 1

Resilience introduction

Week 2

Assertiveness and Dealing with Difficult People

Week 3

Managing emotions (including depression and anxiety)

Week 4

Relapse Prevention and Management

Week 5

Self-esteem, self-compassion, and self-care

Week 6

Problem solving, dealing with setbacks, and recap

When: 10:00am - 3:00pm Thursday

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Dialectical Behaviour Therapy (DBT)

Introduction to Dialectical Behaviour Therapy - Eight week group

Dialectical behaviour therapy is designed for individuals who have difficulty with emotion regulation and who may as a result have difficulties maintaining constructive relationships. It is also appropriate for people who have developed impulsive, addictive and self-harming behaviours as a way of managing emotion difficulties.

Skill modules:

Core mindfulness skills

Mindfulness skills work to increase awareness, focus and acceptance

Emotion regulation skills

Skills on how to understand emotions experienced on a day to day basis, how to increase positive emotions in life and how to let go of emotional suffering

When: (8 week Introduction)

5:30pm - 8:30pm Tuesday or
10:00am - 1:00pm Wednesday
thereafter half day and full day
DBT Skills Programs are available.

Contact: Please contact the Continuum of Care Planner if you would like information or would like to register.

Phone: 02 9389 8888

Distress tolerance skills

This module teaches the skills for increasing the options to effectively manage and/or accept the difficult situations which are a normal part of life and growth

Interpersonal effectiveness skills

Assist in learning to manage relationships and increase effectiveness in getting needs met while maintaining relationships and improving self-respect



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Acceptance & Commitment Therapy (ACT)

ACT is an evidence-based therapy that uses mindfulness techniques and creative exercises to promote a fundamental shift in how to respond to distressing experiences by facilitating psychological flexibility.

How does it help?

- Developing skills of mindfulness and present moment processes
- Values identification, clarification and alignment
- Choosing values-aligned, skilful responses to unpleasant feelings, sensations, thoughts or situations
- Navigating thoughts and emotions
- Navigating beliefs about self
- Skills in working with urges to support relapse prevention and recovery
- Developing direction purpose and commitment towards living a valued and meaningful life

When: 5:30pm - 8:30pm Mondays
or 5:30pm - 8:30pm Wednesdays

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Anxiety Management

This group is for people who experience anxiety including social anxiety, panic and specific phobias, whose symptoms interfere with daily life.

This is an evidence-based open group treatment for anxiety disorders covering:

- The nature of anxiety, when it is a problem and how is it maintained
- Overcoming the fear of body sensations
- How thoughts, feelings and behaviours contribute to anxiety
- Practical skills to improve quality of life
- Planning and implementing your individualised treatment program

When: 10:00am - 1:00pm Mondays

Contact: Please contact the Continuum of Care Planner if you would like information or would like to register.

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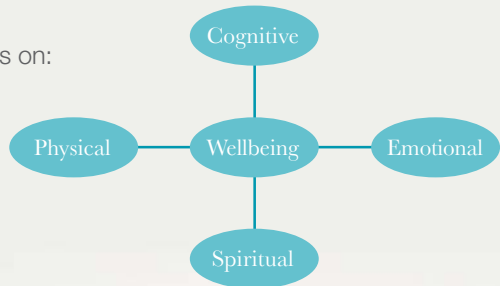
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Mastering Moods Treatment Program

Mastering Moods treatment program involves learning and practising skills that encourage emotional balance and wellbeing. Essential elements in this proposed treatment model include focusing on the spiritual, emotional, intellectual and physical aspects of wellbeing.

The structure of the program focuses on:

- Mindfulness
- Committed action
- Emotion Regulation
- Self-compassion
- Cognition
- Sleep
- Communication



When: 3:00pm - 6:00pm every Tuesday

Contact: Please contact the Continuum of Care Planner if you would like information or would like to register as there might be a waiting list.

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Procedural Flow Chart

Step 1

General Practitioner (G.P.)

You will need a referral from your G.P. to see an accredited psychiatrist of the Sydney Clinic (info of doctors available upon request).

Step 2

Psychiatrist (accredited to The Sydney Clinic)

Assessment by psychiatrist (you will need a referral from your doctor to book into any of our day and evening programs).
Please call 02 9389 8888 to discuss further.

Step 3

Continuum Care Planner

Health fund check and confirmation of any payments needed. Admission and booking into the programs (a risk assessment and personal details taken at this time). Please call 02 9389 8888 to discuss further.

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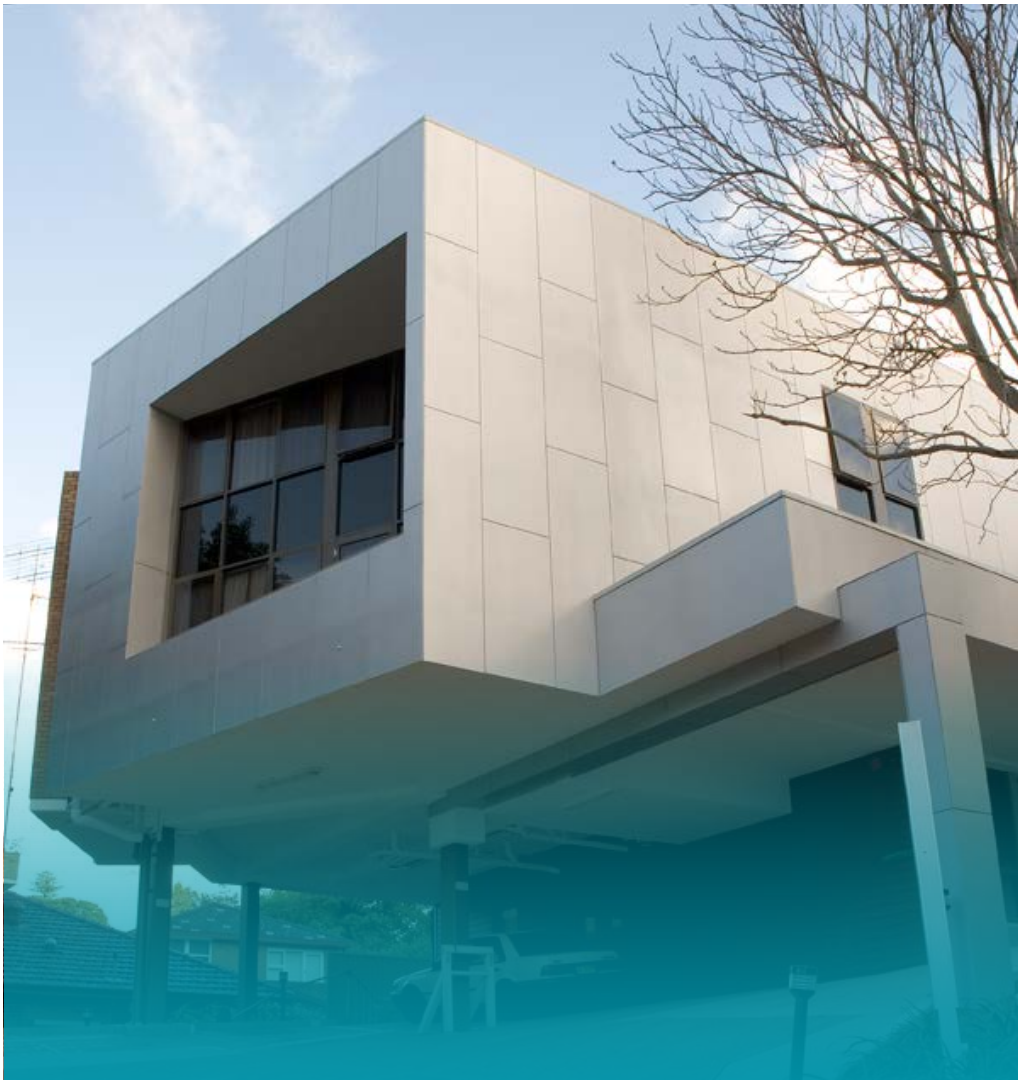
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working together
for better mental
health care
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Days	Program	Duration	Start	End
Mondays	Anxiety Management Program	Ongoing	10:00am	1:00pm
	Alcohol & Other Drugs Program	Ongoing	10:00am	1:30pm
	Dialectical Behaviour Therapy (DBT)	Skills Classes	5:30pm	8:30pm
	Acceptance and Commitment Therapy (ACT)	Ongoing	5:30pm	8:30pm
Tuesdays	Dialectical Behaviour Therapy (DBT)	12 months	10:00am	3:00pm
	Mastering Moods Program	Ongoing	3:00pm	6:00pm
	Dialectical Behaviour Therapy (DBT) Intro	8 weeks	5:30pm	8:30pm
Wednesdays	Dialectical Behaviour Therapy (DBT) Intro	8 weeks	10:00am	1:00pm
	Dialectical Behaviour Therapy (DBT)	Skills Classes	5:30pm	8:30pm
	Acceptance and Commitment Therapy (ACT)	Ongoing	5:30pm	8:30pm
	Next Steps Peer Support Program	Ongoing	6:00pm	7:00pm
Thursdays	Dialectical Behaviour Therapy (DBT)	Skills Classes	10:00am	1:00pm
	Alcohol and Other Drugs Program	Ongoing	5:30pm	8:30pm
	Dialectical Behaviour Therapy (DBT)	Skills Classes	5:30pm	8:30pm
	Building Resilience Program	6 weeks	10:00am	3:00pm
Fridays	CBT Addictions Program (AOD)	Ongoing	10:30am	1:30pm
	Dialectical Behaviour Therapy (DBT)	Skills Classes	12:30pm	3:30pm