



working together  
for better mental  
health care



## Welcome to The Sydney Clinic Day and Evening Program

Dedicated to helping patients in regaining their health and confidence.

We are a private boutique mental health facility. We are small and specialised, and pride ourselves in our practice of patient centered clinical care.

### We provide services for people with:

- Psychotic disorders
- Mood disorders
- Personality issues
- Drug and alcohol problems

Provide inpatient programs and day programs.



### Ask your GP for a referral

<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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# Day patient programs offered at the Sydney Clinic

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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					
Dialectical Behaviour Therapy (DBT)	Mastering Moods Program	Dialectical Behaviour Therapy (DBT)	Alcohol and Other Drugs Program	Building Resilience Program	
	Dialectical Behaviour Therapy (DBT) Intro				
Acceptance and Commitment Therapy (ACT)		Next Steps Peer Support Program	Dialectical Behaviour Therapy (DBT)		

E-Referrals available - For further information, please visit <https://thesydneyclinic.com.au/doctors/eReferrals-mental-health>

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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



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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:** 2:00pm - 5:00pm Friday

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

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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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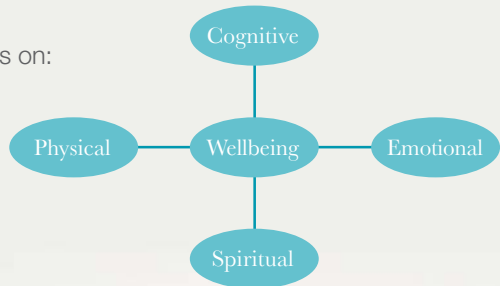


# Mastering Moods Treatment Program

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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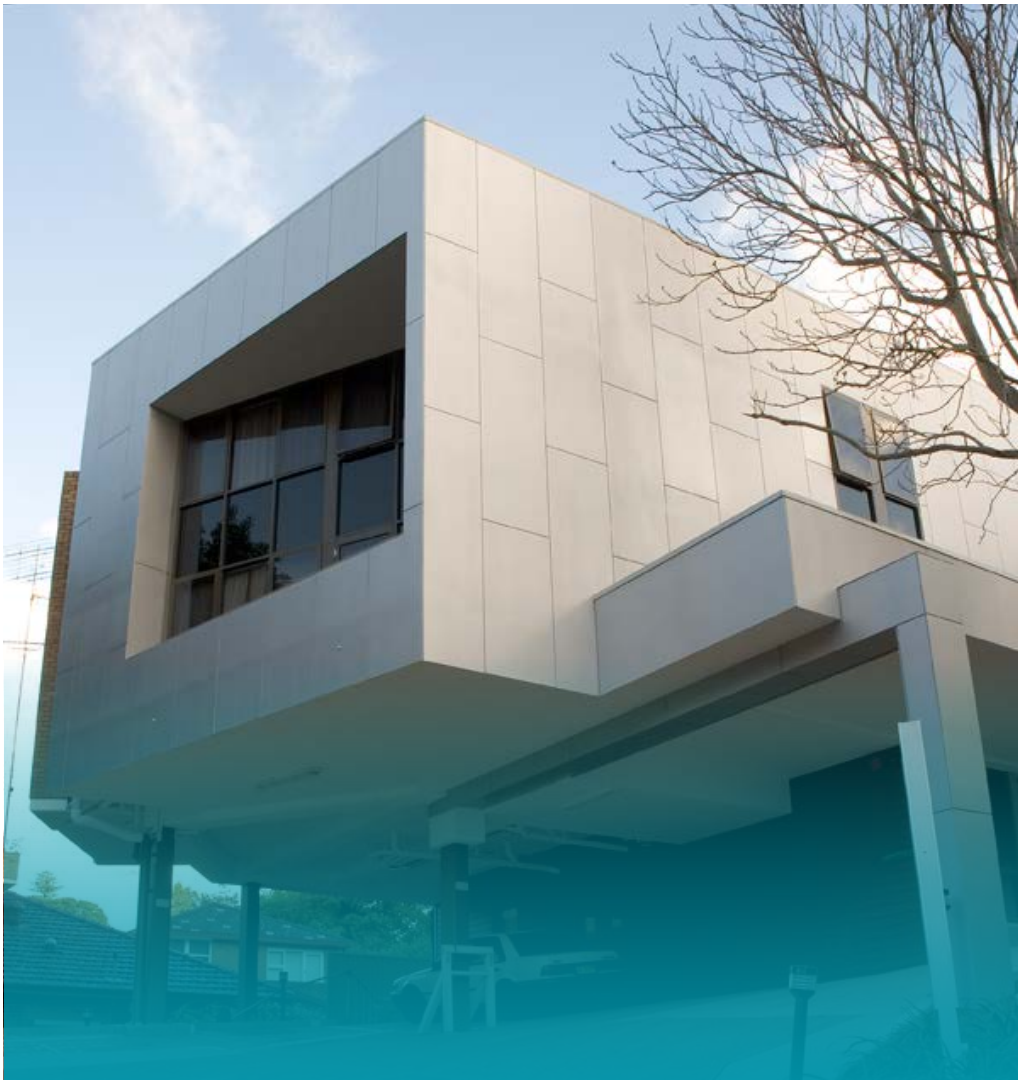
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# Day or Evening programs offered



<b>Mondays</b>	<b>Duration</b>	<b>Start</b>	<b>End</b>
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
<b>Tuesdays</b>			
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
<b>Wednesdays</b>			
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
<b>Thursdays</b>			
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
<b>Fridays</b>			
CBT Addictions Program (AOD)	Ongoing	10:30am	1:30pm
Building Resilience Program	6 weeks	2:00pm	5:00pm
<b>Saturdays</b>			
Dialectical Behaviour Therapy (DBT)	Skills Classes	12:30pm	3:30pm

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