

Day Therapy Programs

Toronto Private Hospital provides comprehensive and intensive treatment programs for a wide range of mental health concerns. An experienced team of mental health professionals facilitate our programs, and patient attendance is under the care of their admitting psychiatrist.

Referrals

A referral from a Psychiatrist or general practitioner is required to access Toronto Therapy Services mental health day programs. If required, a mental health assessment will be arranged prior to commencing a program.

Health Insurance

A health fund claim can be made, provided the patient has sufficient cover. Please contact our day program coordinator to discuss any out-of-pocket expense, excess or gap fee. Some programs are covered by DVA and workers compensation.

Further Information and Assistance

Please contact the day program coordinator of Toronto Therapy Services via the contact details listed below. Please refer to the current timetable to see what days groups are scheduled.

Day Therapy Programs

- Acceptance Commitment Therapy (ACT)
- Cognitive Behaviour Therapy (CBT) for Depression
- Cognitive Behaviour Therapy (CBT) for Anxiety
- Dialectical Behaviour Therapy (DBT)
- Distress Management Techniques (DMT)
- Dual Diagnosis
- Interpersonal Psychotherapy (IPT)
- PTSD for first responders (IPT)
- Healthy Mind Healthy Body
- Radically Open DBT (RO-DBT)
- Young at Heart
- Art Therapy

Program	Acceptance Commitment Therapy (ACT)
Day	Weekly
Duration	18 weeks

ACT is a well-established behavioural therapy which aims to support you to live a life consistent with the person you want to be and the things that matter most to you. ACT aims to get you in touch with your values to guide positive life changes. ACT also uses mindfulness to help you to live in accordance with your values by teaching you to handle painful thoughts and feelings more effectively so that they have less impact on your life.

Program	Cognitive Behaviour Therapy (CBT) for Depression
Day	Weekly
Duration	20 Weeks

CBT primarily aims to reduce distress and promote positive behaviours through helping you change your unhelpful thinking patterns and beliefs. In addition to this, CBT utilises techniques such as relaxation, mindfulness, graded exposure to feared situations, building routine and structure, behavioural activation, stress management and sleep improvements.

Program	Cognitive Behaviour Therapy (CBT) for Anxiety
Day	Weekly
Duration	16 weeks

CBT primarily aims to reduce distress and promote positive behaviours through helping you change your unhelpful thinking patterns and beliefs. In addition to this, CBT utilises techniques such as relaxation, mindfulness, graded exposure to feared situations, building routine and structure, behavioural activation, stress management and sleep improvements.

Program	Dialectical Behaviour Therapy (DBT)
Day	Weekly
Duration	24 weeks

DBT was developed as a treatment for people with self-harm and/or suicidal urges, but is also now used to assist clients to develop mindfulness, distress tolerance, emotion regulation and communication skills.

Program Distress Management Techniques (DMT)
Day Weekly
Duration 18 weeks

The Distress Management Techniques Program covers three modules that aim to develop skills in the area of distress tolerance, emotion regulation and interpersonal effectiveness, but in a shorter, less intensive form of Dialectical Behaviour Therapy (DBT).

Program Dual Diagnosis
Day Weekly
Duration 16 weeks

The Dual Diagnosis Program is for people with co-occurring mental illness and drug and alcohol issue. It helps participants learn to cope with unpleasant emotions without using drugs or alcohol, build a routine that improves physical & mental wellbeing and develop skills to prevent relapse. Please note this is an abstinence based program.

Program Interpersonal Psychotherapy
Day Weekly
Duration 16 weeks

IPT benefits those who are experiencing difficulties in their present relationships and who wish to develop their interpersonal functioning (ie. How they relate to, and interact with other important individuals in their lives). Exploration of conflicts with family or friends, significant life changes, and grief and loss is explored in order to develop social connection and support.

Program PTSD (First Responders)
Day Weekly
Duration 16 weeks

The group is supportive and helpful for connecting people experiencing PTSD through shared understanding working as first responders. This includes military personnel, police officers, paramedics and firefighters. It is based on Interpersonal Therapy focusing on role transitions, grief, interpersonal conflict and sensitivities.

Program Healthy Mind Healthy Body
Day Weekly
Duration 8 weeks

This program is for anyone looking to improve their physical health and mental health by making positive changes to their lifestyle through exercise and education.

Program Radically Open DBT
Day Weekly
Duration 24 weeks

Radically Open DBT (RO-DBT) assists individuals to develop skills to increase psychological flexibility, improve social signalling and connectedness and improve ability to adapt to change. This is helpful for individuals with maladaptive overcontrolled coping that affects mood, anxiety and relationships. This can manifest as avoidance of uncertainty and conflict, low openness to novel or disconfirming feedback, hyperperfectionism, rigid rule governed behaviour, inhibited emotional expression, low emotional awareness and low social connectedness and intimacy in relationships.

Program Young at Heart
Day Weekly
Duration 24 weeks

Our Young at Heart Program is a longer term rehabilitation program that helps its members to maintain or improve their sense of worth, wellbeing and social networks. The all group offers education on mental health, gentle exercise and activities that promote social interaction.

Program Art Therapy
Day Weekly
Duration 16 weeks

The Art Therapy Program is suitable for anyone who struggles to put their thoughts and feelings into words, as well as individuals wanting a safe place to explore themselves through creative expression. Participants do not require any skills in drawing or painting. Art therapy is about self-expression, making meaning, exploration and finding healthy coping strategies.