Unique Program over the December festive period

Self-compassion inpatient group

An effective program providing resources, education and clinical support. This end of year inpatient program aims to minimise relapse and maintain recovery skills over the holiday and New Year period.

Who is the program for?

This program is designed for individuals who have a diagnosis of a mood or anxiety disorder, addictive, personality or trauma disorder who want to learn and apply skills in self-compassion, self-validation, gratitude and resilience.

Program Content

- Discovering self-compassion
- Self-compassion skills
- Appling self-compassion to anger
- Overcoming shame with compassion
- Learning to forgive ourselves
- Addressing your inner critic
- Self-Compassion for negative beliefs
- Overcoming resistance
- Building resilience

About the program

This end of the year inpatient program aims to assist patients to live a rich, full and meaningful life by applying the principles of Compassion Focused Therapy to enhance their wellbeing and use a strengths-based approach to maintaining recovery and minimise relapse. Participants will learn how to use compassionate practise to manage anger, shame, fear and build resilience.

This program enables participants to build on skills learnt in other groups and apply them through the lens of recovery maintenance to promote ongoing wellbeing and relapse prevention.

When is it held?

This is an inpatient program held daily and is available for a three-week period over the holiday and New Year period. This program is complimented by holistic supplementary hospital activities.

How do I join?

Patients interested in attending this program will need a referral from their GP to a psychiatrist with admission rights at South Coast Private Hospital.

How much does it cost?

All Allied Health and approved programs are included in the accommodation fee paid by your private health insurer.

Further Information

Please contact the South Coast Private Hospital Admissions Team
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