Program Summary Flyer

Currumbin Clinic 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.

Art Therapy

Day	Time	Duration
Tuesday to Thursday	9am to 2:45pm	

Sometimes words are not enough and art therapy provides the opportunity to express oneself more fully through a range of different art materials and activities. It engages the range of senses rather than relying solely on the mind and talking techniques. This open group program focuses on the benefits of creative expression within a group setting. Art therapy can lead to enhanced wellbeing, increased self-awareness and understanding, as well as discovering new perspectives and improving problem solving. Please note, the final art 'product' is not the focus of this program and no pre-existing art abilities or talents is required for this program.

Food and Mood

Day	Time	Duration
Tuesday	9am to 2:45pm	10 weeks

The aim of this program is to support individuals in building insight to their eating habits, and how this might be impacted by their mental health. The program balances education and strategy building within a self-compassionate space, using principals from CBT and DBT. It focuses on topics such as the Brain and Gut Connection, Learning Your Own Pattern of Eating, Understanding Your Triggers, Problem Solving, Chronic Conditions (such as Heart Disease, Hypertension and Diabetes), Weight Management, Challenging Feared Foods, Exercise for Mental Health and Building Sustainable Healthy Habits.

Persistent Pain Program

Day	Time	Duration
Tuesday	9am to 2:45pm	8 Weeks

The Persistent Pain program is an 8 week CBT and ACT based program that aims to provide psychoeducation on understanding pain from a psychological perspective and how this can impact ones mental health. It provides the opportunity to learn skills and strategies to manage chronic and persistent pain, including the management of flare-ups. At Currumbin Clinic, we also understand that many individuals may develop Addiction/Substance disorders after years of struggling with chronic pain. In this program, we are addiction-informed and provide strategies to manage addiction in the context of chronic pain.

Exercise for Mental Health

Day	Time	Duration
Wednesday	9am to 12:30pm	6 weeks

The exercise for Mental Health program is run by our Mental Health Exercise Physiologist. This group program promotes healthy living and aims to help patients integrate aspects of both psychological and physical recovery. It focuses on topics such as nutrition, diet, exercise, balanced lifestyle, motivation, goal setting, and mindfulness. Elements of this program are run in our on-site gymnasium, but is designed for individuals of all fitness levels.

Mindful Self Development

Day	Time	Duration
Wednesday	9am to 2.45pm	12 Weeks
Friday	Friday 9am to 2:45pm	

This program is developed for individuals who have a strong foundational knowledge of distress tolerance skills and strategies used to support their mental health. The program draws on principals of Acceptance and Commitment Therapy and the Mindfulness module of Dialectical Behavioral Therapy to help individuals to strengthen and deepen their identity. This program aims to build self-esteem, self-efficacy, feelings of confidence and competence, self-awareness and overall quality of life. This program incorporates experiential applications of classic psychotherapy principals, for example through art and creativity.

REACH

Day	Time	Duration
Monday	9AM - 2.45PM	9 Weeks

Developed by the Black Dog Institute, the REACH program is a 9-week psychoeducational wellbeing group based on the principles of responsibility, education, acceptance, connection and hope. The program helps participants with depression or bipolar disorder manage their illness and stay well.

37 Bilinga Street, Currumbin QLD 4223
T 07 5525 9682 F 07 5525 9676
currumbinclinic@aurorahealth.com.au
currumbinclinic.com.au

Aurora Currumbin Clinic

DVA approved

Addictions First Steps (Open Group)

Day	Time	Duration
Friday	9am to 2:45pm	8 weeks

This program is designed for individuals who are early in their journey of sobriety, need a review of the fundamental skills used in addictions recovery or have had a recent lapse/relapse. It aims to assist patients diagnosed with both substance use and other mental health disorders to better manage their moods and change addictive behaviours. The program combines evidence based interventions such as Cognitive Behaviour Therapy (CBT), relapse prevention and motivational enhancement. Each session offers group educational sessions and practice of key strategies and skills with a focus on mood management, relapse prevention, life skills and building supports

Addictions Recovery (Open Group)

Day	Time	Duration
Friday	9am to 12:30pm	24 weeks

This program is developed for individuals who are further along in their addictions recovery journey. They have completed the Addictions First Steps program, and have an ongoing commitment to sobriety. This 24 week program is CBT based and Addiction informed. However, the program provides intervention for mental health difficulties such as Depression, Anxiety and PTSD that might be driving the addiction.

Dialectical Behaviour Therapy (DBT) (Semi Closed Group)

Day / Time	Duration
Monday 9am to 2.45pm	6 months
Tuesday 5pm to 8:30pm (DVA APPROVED)	Intake every 8 weeks
Thursday 5pm to 8:30pm (DVA APPROVED)	
Friday 9am to 2.45pm (DVA APPROVED)	

This program is designed for individuals who struggle with intense emotions and associated impulsivity. Entering this program, participants may report struggling in their relationships and having an unstable sense of self. This program is helpful for individuals who have a diagnosis of Borderline Personality Disorder, but is not a prerequisite. This program is also helpful for individuals who engage in suicidal and non-suicidal self-harming behaviours, addictions and other forms of coping that may not be sustainable of healthy in the long term. The program includes the 4 modules of DBT: Core Mindfulness, Interpersonal Effectiveness, Distress Tolerance, and Emotion Regulation.

Dealing with Distress (Semi Closed Group)

Day	Time	Duration
Wednesday	9am to 2:45pm	12 weeks

This is 12 week introductory Dialectical and Behavioural Therapy group therapy program. This is a great program to introduce the concept of DBT and build a foundation of the key principals and skills taught in this modality. Some individuals prefer to do Dealing with Distress to get a taste of DBT prior to entering the 6 month program. Whereas, others don't feel like they need the intensity of a 6 month program, but need to skills of DBT. The program includes the 4 modules of DBT: Core Mindfulness, Interpersonal Effectiveness, Distress Tolerance, and Emotion Regulation.

Veterans and Emergency Services: Masterclass (Open Group)

Day	Time	Duration
Thursday	9am to 12:30pm	6 weeks

This is an open group, which is designed to be a follow up program for individuals who have completed the 12 week Effective Communication and Mastering Anger Program. This longer term program covers a broad range of topics based on Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, and Dialectical Behavioural Therapy. As an example, sessions include managing mood and anxiety symptoms, understanding emotions, addiction, sleep and more. The program is delivered with a trauma-informed approach, understanding the background of the individuals who in the room.

Veterans and Emergency Services: Effective Communication and Mastering Anger (Semi Closed Group)

Day / Time	Duration
Tuesday 9am to 2:45pm (Veterans)	8 weeks
Thursday 9am to 2:45pm (Emergency Services)	

This is a Cognitive Behavioural Therapy based program that addresses problems that arise from serving in high stress occupations, such as stress and arousal management, anger management, and communication and relationship skills. Understanding the Military experience, this program is trauma informed. It also provides a safe, confidential and supportive environment to complement individual treatment pathways.

Managing Adult ADHD (Semi Closed Group)

Day	Time	Duration
Tuesday	5pm to 8:30pm	10 weeks

This program is designed for people who are struggling to manage their ADHD symptoms, such as attention and motivation difficulties. The program also addresses the psychological impact of ADHD on people, such as intense emotions and unhelpful patterns of thinking which may be negatively impacting their day-to-day lives. It promotes healthy living and aims to help patients integrate aspects of both psychological and physical recovery. The program is based on basic CBT principles applied specifically to the difficulties associated with ADHD and aims to assist individuals with ADHD to build resilience.

For up-to-date program information, including sessions times, please contact the Currumbin Clinic Day Programs Team.

P:07 5525 9682

E: currumbindaypatients@aurorahealth.com.au

Online referral form

https://currumbinclinic.com.au/referral-process/

CONSUMER APPROVED
This information has been approved for use by this Aurora hospital's Consumer & Carer Committee
2023