Robina Private Hospital

Day Therapy Programs

Evidence based therapies for enhancing mental health and associated difficulties.

Referrals

A referral from a psychiatrist is required to access Robina Private Hospital's mental health programs.

Health insurance

Programs are covered by health funds, provided the patient has sufficient cover. May also obtain approval from DVA or Workcover. Please contact your health fund and our day therapy coordinator to discuss any out-of-pocket expense, excess or gap fee.

Day Therapy Programs

Art Therapy Group Program

Day	Time	Duration
Weekly Mon/Fri	8:45am-2:30pm	8 weeks
Weekly Thurs	3:30pm-7:00pm	8 weeks

Artistic skills are not required to join Project Art with the focus on helping patients process and develop self-awareness through supported Art Therapy processes.

Suitable for: Patients in recovery from a range of mental illness such as mood disorders and anxiety.

Cognitive Behavioural Therapy (CBT) Group Program

Day	Time	Duration
Weekly Mon	8:45am-2:30pm	8 weeks

This program is designed for people who want to identify, understand, and change unhelpful patterns of thinking which may be negatively affecting their day-to-day lives.

Suitable for: Patients recovering from a mental illness such as anxiety, bipolar disorder or depression will find this program to be useful in addressing their individual clinical needs.

Building Strength and Resilience Group Program

Day	Time	Duration
Weekly Fri	8:45am-2:30pm	8 weeks

This program is designed for people experiencing stress and difficulties with adjusting to current changes or stressors in their lives.

Suitable for: Any one experiencing depression, anxiety, stress, or having difficulties adjusting to change.

Dual Diagnosis Group Program

Day	Time	Duration
Weekly Mon	8:45am-2:30pm	12 weeks

This program aims at supporting people to understand their addiction and learn skills and strategies to help cope with stresses in their lives without relying on substances. It aims to support clients in their recovery. The program is based on Cognitive and Behavioural Therapy (CBT) principles as well as use of Dialectical Behaviour Therapy (DBT) skills.

Suitable for: Patients with co-morbid substance/alcohol use diagnoses.

Intro to Dialectical Behaviour Therapy (DBT) Group Program

Day	Time	Duration
Weekly Tues	8:45am-2:30pm	12 weeks

The skills taught are drawn from the DBT skills of Mindfulness, Distress Tolerance, Emotional Regulation, and Interpersonal Effectiveness. Intrinsic to all sessions are mindful practices, as this skill is at the core of the treatment program, after which people are encouraged to opt into the DBT 12 month program.

Suitable for: Patients with a range of mental health presentations specifically borderline personality disorder.

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Aurora Robina Private Hospital

Dialectical Behaviour Therapy (DBT) Group Program - 12 months

Day	Time
Weekly Tues/Thurs	8:45am-2:30pm

The goals of this program are to provide people with skills to build a life worth living. The group is closed with intake every 8 weeks.

Suitable for: Patients with a range of mental health presentations specifically borderline personality disorder.

Dialectical Behaviour Therapy (DBT) Masterclass Group Program

Day	Time	Duration
Monthly Thurs	4:00pm-7:30pm	12 Months

This masterclass program is run on the last Thursday of the month for graduates of the full 12 month DBT Program. This Program serves as an extension of the skills learnt within DBT including understanding theoretical components that form the foundation of DBT.

Suitable for: Patients who have completed the full 12 month DBT program.

Womens Mental Health Group Program

Day	Time	Duration
Weekly Thurs	8:45am-2:30pm	12 weeks

Within the program participants learn how to communicate more effectively, enhance self-esteem and self-confidence, adapt to lifestyle changes, develop techniques for stress management, and incorporate healthy coping strategies to manage and improve their mental health and wellbeing.

Suitable for: Women who are diagnosed with mood disorders, anxiety disorders and addictive disorders.

Cognitive Behaviour Therapy for ADHD

Day	Time	Duration
Weekly Tues	8:45am-12:30pm	8 weeks

This program aims to teach practical CBT based skills in order to change behaviour and cognitions. These skills will help with the management of ADHD symptoms in daily life.

Suitable for: People diagnosed with ADHD or those who experience ADHD-like symptoms such as poor concentration, attention and impulse control.

Acceptance & Commitment Therapy (ACT) Group Program - Foundation

Day	Time	Duration
Weekly Wed	8:45am-2:30pm	6 weeks

The ACT Program is based on the principles of accepting what is out of the participant's control while committing to action to enrich their life and make it more meaningful.

Suitable for: Patients with a range of mental health presentations including mood and anxiety disorders, trauma, adjustment.

Acceptance & Commitment Therapy (ACT) Group Program - Masterclass

Day	Time	Duration
Weekly Wed	4:00pm-7:30m	12 weeks

This program is an expansion of the ACT principles and concepts taught within the foundational program.

Suitable for: Patients with a range of mental health presentations including mood and anxiety disorders, trauma, adjustment.

Eating Disorders Group Program - Restrictive

Day	Time	Duration
Daily Tues-Fri	8:45am-2:30pm	8 weeks/25 days

This program is to provide intensive treatment over a short period of time helping patients get back on track, challenging unhelpful thinking and eating disorder behaviours, and enable a return to health and functioning.

Suitable for: Adolescents and adults with a diagnosis of Anorexia Nervosa; Bulimia Nervosa; Other Specified Feeding or Eating Disorder (OSFED) or Unspecified Feeding or Eating Disorder and their families and carers.

Eating Disorders Group Program - Binge

Day	Time	Duration
Weekly Fri	8:45am-2:30pm	12 weeks

This program aims to increase awareness to interrupt binge eating, establish healthy eating patterns, develop a positive relationship with oneself, encourage a sense of empowerment, identify more effective coping strategies.

Suitable for: For anyone over the age of 16, with a diagnosis of Binge Eating Disorder (BED).

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