

Creative Therapies for Mood disorders

Providing resources, education and clinical support to enhance the ability to change the way to think, feel and act.

Who is the program for?

This program is useful for people who enjoy creative expression and find it helps them to improve their mental health.

Program content

- Using art and creativity to explore a range of themes.
- using art as a way to explore inner and outer psychological worlds.
- using art as a tool of personal development, insight psychoeducation.
- mindful art making to increase self-awareness.
- Using art as a tool for creative expression and social connections.
- Develop a creative identity through expressive techniques and processes.
- Gain awareness of the healing power of making art in the presence and support of others.
- Develop a sense of community and belonging through shared creative experiences.

About the program

This program is particularly appropriate for patients who enjoy using art to work through emotional and psychological issues. The program is also for people who find it easier to engage with others in more structured sessions.

When is it held?

This open group is held every week for twelve weeks as detailed below.

This open group program is held every week for ten weeks as detailed below. Morning tea is provided. 8:30am - 9:00am Registration and sign in 9:00am - 12:15pm Group program

Contact Deakin Private Hospital's reception on 02 5114 8100 to find out which days this group is offered.

How to join

Patients interested in attending this program will need a referral to a psychiatrist with admission rights to Deakin Private Hospital.

How much does it cost?

Participants are admitted as a day patient and as such, can claim their attendance via their health fund or workcover. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Deakin Private Hospital.