Self-Compassion

Three-Week In Hospital Program



Psychoeducation based program to develop a kinder and more balanced relationship with oneself, while building practical skills that support emotional wellbeing and resilience.

Who is the program for?

For individuals who have completed the Foundation Mood or Addiction Program and would like to further develop skills to manage self-criticism, difficult emotions and unhelpful patterns of thinking. This program is offered over the holiday season and is ideal for individuals who seek a structured environment during this time, to maintain their recovery, prevent relapse, strengthen their mental wellbeing and build resilience.

What will I learn?

Topics include:

- Develop an understanding of self-compassion and its role in emotional wellbeing.
- Recognise patterns of self-criticism and develop more compassionate responses.
- Understand the threat, drive and soothe emotional regulation systems.
- Apply self-compassion when experiencing difficult emotions such as anger, shame and guilt.
- Challenge negative core beliefs and strengthen self-appreciation.
- Develop assertiveness, healthy boundaries and fierce self-compassion.
- Build practical self-compassion skills that can be continued beyond the program.

The program is complimented by holistic activities.

About the program

This three-week in-hospital therapy program combines psychoeducation and reflection, providing practical strategies to help individuals recognise when they are struggling and learning to respond to ourselves with understanding, kindness and support rather than judgement or criticism.

When is it held?

This program is offered as a closed group over the Christmas and New Year period. The program commences on 17 December 2026 to 6 January 2027.

How much does it cost?

Programs are included as part of your inpatient stay and associated fees paid by the your health fund, Workers Compensation insurer or other.

How do I join?

Speak to your GP or specialist about getting a referral to Kellyville Private Hospital. Our Admissions and Assessment Team will contact you to arrange an admission.

If you have any questions, contact the **Admissions and Assessment Team:**
Phone: 1800 965 095
Email: kvl.intake@aurorahealth.com.au

Updated: August 2026

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