

# Day Therapy Programs

Deakin Private Hospital 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.

## Referrals

A referral from a psychiatrist or general practitioner is required to access Deakin Private Hospital's mental health programs. If required, a mental health assessment will be arranged prior to commencing a program.

## Health Insurance

A health fund claim can be made, provided the patient has sufficient cover. Please contact our day patient coordinator to discuss any out-of-pocket expense, excess or gap fee.

## Further Information and Assistance

Please contact the day patient coordinator via the contact details listed below.

## Day Therapy Programs

- Acceptance & Commitment Therapy
- Addictions first steps
- Cognitive Behavioural Therapy (CBT) for mood and anxiety disorders
- Creative Therapies for Mood disorders
- Dealing with distress
- Managing Adult ADHD
- Psychological Injury Management
- Women's Wellbeing
- Young at Heart



## Commencement dates

To view a full schedule of our our program dates, please visit our website: [deakinprivate.com.au/treatment-programs/](https://deakinprivate.com.au/treatment-programs/)

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### Program Acceptance and Commitment Therapy

**Time** 9:00am - 12:15pm

**Duration** 6 Weeks

This program is based on the principle of accepting what is out of the participant's personal control while committing to action to enrich their life and make it more meaningful. The six-week program aims for individuals to learn to handle painful thoughts and feelings in such a way to have less impact and influence (mindfulness skills), and to clarify what is truly important and meaningful (clarity values).

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### Program Addictions first steps

**Time** 12.30pm-3.45pm

**Duration** 8 weeks

This program has been designed to help participants to understand their diagnosis, learn skills to manage, and build a life without the addictive behaviour that is more rewarding and meaningful. This program takes an abstinence approach to recovery whilst providing guidance and planning for relapse management. The philosophy of this program is one of empowerment and self-guided change.

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### Program Creative Therapies for mood disorders (CTM)

**Time** 9:00am - 12:15pm

**Duration** 12 Weeks

When words aren't enough, art can speak. This program uses creative expression to support emotional well-being, resilience, and personal growth. In guided group sessions, a trained art therapist will help you explore painting, drawing, mask-making, and collage — no artistic experience required. The focus is on the process, not the product, creating a safe space to process emotions, manage stress, and discover new ways of coping.

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**Program** Cognitive Behavioural Therapy (CBT)  
for mood and Anxiety Disorders

**Time** 9:00am - 12:15pm

**Duration** 8 Weeks

This program provides a structured application of proven Cognitive Behavioural Therapy processes. It contains focused cognitive restructuring activities that are known to help manage mood disorders and lessen the severity and duration of episodes.

The behavioural component of this course assists with helping people re-engage with living in helpful ways. Participants also learn how to track and monitor mood fluctuations to help gain insight and control over their illness.

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**Program** Dealing with distress

**Time** 9:00am - 12:15pm

**Duration** 12 Weeks

This program is skills-based and assists participants to tolerate intense feelings and manage self-harming behaviours. It combines cognitive behavioural techniques for emotion regulation and reality testing with concepts of mindful awareness, distress tolerance, and acceptance.

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**Program** Managing Adult ADHD

**Time** 9:00am - 12:15pm

**Duration** 10 weeks

This program is designed to provide participants with a greater awareness and understanding of ADHD and to introduce skills and strategies based on a cognitive behaviour therapy (CBT) model through practical application to assist the management of ADHD symptoms and the impact of these symptoms as they relate to task completion and goal achievement.

**Program** Psychological Injury Management (PIM)

**Time** 9:00am - 12:15pm

**Duration** 12 Weeks

The Injury Management program is specifically designed for people who have experienced bullying or harassment in the workplace or have had a traumatic event during the course of their employment. The program seeks to provide information, skills and techniques to assist you to understand the impacts of a psychological injury and steps you can take through skills development to support you on the road to recovery.

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**Program** Women's Wellbeing

**Time** 9:00am - 12:15pm

**Duration** 12 Weeks

The Women's Wellbeing Program helps participants to prioritise self-care and reconnect with yourself. Through a mix of therapies and shared experiences with other women, you'll gain confidence, manage stress more effectively, and leave with tools to support lasting mental and emotional wellbeing.

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**Program** Young at Heart

**Time** 9:00am - 12:15pm

**Duration** 8 weeks

This program aims to meet the needs of mature-aged participants. Sessions involve discussing issues that are most important to participants and to participating in activities that provide a sense of enjoyment and mastery. Allowing participants to review their lives, both past and present, in a positive and supportive environment. The overarching aim of the group is to improve quality of life and engage participants with groups and services in the community.