Program Summary Flyer

Belmont 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.

Day Programs

- Acceptance and Commitment Therapy (ACT)
- Addictions First Step
- Cognitive Behavioural Therapy (CBT)
- Cognitive Behavioural Therapy (CBT) for Mothers
- Creative Therapies for Mood Disorders
- Dealing with Distress
- Dialectical Behaviour Therapy (DBT)
- Emotional Eating
- Exercise for Mental Health
- Project Art
- PTSD
- Radically Open DBT
- R.E.A.C.H. Bipolar and Depression
- Trauma and Dissociation

Older Adults

- Ageing Well
- Creative Therapies for Older Adults
- Healthy Minds
- Young at Heart
- Living with Parkinson's Disease

Young Adults

- Autism Program
- Creative Therapies
- DBT Young Adults 12 weeks
- DBT Young Adults 6 months
- Managing Social Anxiety and Building Social Skills for Young Adults
- Parent and Carer Relationship Education Course

Evening Programs

- Acceptance and Commitment Therapy (ACT)
- Cognitive Behavioural Therapy (CBT)
- Creative Therapies for Mood Disorders
- Dialectical Behaviour Therapy (DBT)
- Managing ADHD

Follow Up Programs

- Addictions Recovery
- Applied ACT
- Cognitive Behavioural Therapy (CBT)
- Cognitive Behavioural Therapy (CBT) for Mothers
- Cognitive Behavioural Therapy (CBT) Masterclasses
- Masterclasses for Mothers
- Dialectical Behaviour Therapy (DBT)

Acceptance & Commitment Therapy

Day	Time	Duration
Friday or Mondayor Thursday	9:15am - 3:00pm 5:45pm - 9:00pm	6 weeks

Designed for patients recovering from a mental illness such a anxiety, bipolar disorder or depression and based on the principle of accepting what is out of one's personal control while committing to action to enrich one's life. It aims for individuals to learn to handle painful thoughts and feelings in such a way to have less impact and influence, and to clarify what is truly important and meaningful. This program is DVA approved.

Addictions First Step

Day	Time	Duration
Friday	9:15am - 3:00pm	8 weeks

This DVA approved program is run by a multidisciplinary treatment team and aims to assist patients diagnosed with both substance use and other mental health disorders to better manage their moods and change addictive behaviours. It combines evidence based interventions such as Cognitive Behaviour Therapy (CBT), relapse prevention and motivational enhancement, and requires patients to be stable and able to attend on a regular basis.

Addictions Recovery

Day	Time	Duration
Wednesday	9:15am - 12:30pm	Ongoing

A follow up program for patients who have attended Addictions First Step and wish to focus more intensely on specific topics of interest while maintaining ongoing support for themselves to refresh their skills in a supportive group atmosphere. It reviews core Cognitive Behaviour Therapy (CBT) skills, relapse prevention and motivational enhancement.

Ageing Well

Day	Time	Duration
Friday	9:15am - 3:00pm	12 weeks

This program is for Older Adults experiencing mood symptoms associated with mild cognitive impairment, ageing, adjustment difficulties, anxiety, depression or memory loss who would like to improve their daily functioning. Participants will be supported to engage in group activities challenging different areas of the brain by qualified Allied Health Professionals.

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Aurora Belmont Private Hospital

Applied ACT

Day	Time	Duration
Friday	9:15am - 12:30pm	Ongoing

For patients who have previously attended Acceptance and Commitment Therapy (ACT) and now wish to focus more on the application of skills to specific topics of interest while maintaining ongoing support for themselves. It aims to assist individuals to better understand their difficulties from an ACT perspective, and participants gain a deeper understanding of the positive impact ACT skills can have on all aspects of their life.

Adult Autism

Day	Time	Duration
Wednesday	9:15am - 3:00pm	10 weeks

Provides evidence-based therapy for adults who are neurodivergent or have Autism. The group is delivered in a safe and welcoming space by a Clinical Psychologit focusing on key elements including behaviours, social participation, relationships, emotions and more.

Cognitive Behavioural Therapy (CBT)

Day	Time	Duration
Wednesday	9:15am - 3:00pm	8 weeks
Thursday	5:45pm - 9:00pm	12 weeks

Designed for patients who suffer from depression, anxiety or stress and want to identify, understand and change unhelpful patterns of thinking which may be negatively affecting their day-to-day lives. Run by a multidisciplinary treatment team, Cognitive Behaviour Therapy (CBT) deals with the “here and now”- how patients’ current thoughts and behaviours are affecting them now.This program is DVA approved.

Cognitive Behavioural Therapy (CBT) Follow Up

Day	Time	Duration
Wednesday	9:15am - 12:30pm	Ongoing
Tuesday	6:00pm - 9:15pm	

This follow up day program is run by a multidisciplinary treatment team and is for patients who have attended the Cognitive Behaviour Therapy Inpatient, Day or Evening program and wish to maintain or refresh their skills in a supportive group environment. Patients attending this program are offered sessions focused on a particular topic each time.

Cognitive Behavioural Therapy (CBT) for Mothers

Day	Time	Duration
Tuesday & Friday	9:15am - 3:00pm	6 weeks

Designed for women who are suffering emotional or psychological difficulties associated during pregnancy or in the postnatal period such as depression or adjustment problems. This program is based on the principles of CBT and aims to build confidence and self esteem, and assist with the development of skills and strategies for coping and managing emotions.

Cognitive Behavioural Therapy (CBT) for Mothers Follow Up

Day	Time	Duration
Wednesday	9:15am - 12:30pm	Ongoing

Designed for women who have attended the BCPND CBT Program and are experiencing emotional or psychological difficulties through pregnancy or after the birth of their child. It is based on the principles of CBT and has been developed from current research into postnatal disorders and international standards of treatment for these disorders.The program offers ongoing support for mothers who are able to bring their baby with them and share with other mothers.

Cognitive Behavioural Therapy (CBT) Masterclass Workshops

Day	Time	Duration
Monday OR Tuesday OR Wednesday OR Thursday	9:15am - 12:30pm or 9:15am - 3:00pm	6-12 weeks

Our Masterclass Workshop series include:

- Building Resilience (half day, 8 weeks)
- Self-Compassion half day, (10 weeks)
- Schemas (full day, 8 weeks)
- Core Beliefs (full day, 6 weeks)
- Music for Mental Health (half day, 8 weeks)
- Food & Mood (full day, 6 weeks)
- CBT for OCD (full day, 8 weeks)
- Enhancing Wellbeing (full day, 6 weeks)
- Managing Anxiety (full day, 10 weeks)
- Women’s Wellbeing (full day, 12 weeks)
- Sensory Strategies (half day, 8 weeks)
- Mindfulness based Cognitive Therapy (half day, 4 weeks)

Creative Therapies for Mood Disorders

Day	Time	Duration
Monday or	9:15am - 3:00pm	12 weeks
Wednesday	5:30pm - 8:45pm	

Run by a multidisciplinary treatment team, this program is particularly appropriate for patients who enjoy creative expression and 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 and for those with art experience, more advanced techniques can be learned.

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Creative Therapies for Older Adults

Day	Time	Duration
Tuesday	9:15am - 3:00pm	12 weeks

Expressive arts are used to explore difficult emotions, ideas and experiences of life. Art materials offer participants a visual tool of communication and expression that can be explored, shared and witnessed amongst others. Each week group members are invited to investigate and reflect on topics and process through their art making. Participants are encouraged to use art as a tool of connection and communication to foster a creative community and support network.

Dealing with Distress

Day	Time	Duration
Wednesday OR Friday	9:15am - 3:00pm	12 weeks

Skill based program assists patients diagnosed with Borderline Personality Disorder or intense, unstable mood states,self harm and unstable relationships to tolerate intense feelings, and learn to manage behaviours often associated with Borderline Personality Disorder. It is based on Dialectical Behaviour Therapy (DBT) principles and combines standard Cognitive Behavioural techniques for emotion regulation and reality testing with concepts of mindful awareness,distress tolerance and acceptance. This program is DVA Approved.

Dialectical Behaviour Therapy (DBT)

Day	Time	Duration
Tuesday OR Wednesday	9:15am - 3:00pm	6 months
Monday	5:45pm - 9:00pm	

Run by a multidisciplinary treatment team, this skill based program assists patients to tolerate intense feelings and learn tc manage self harming behaviours often associated with Borderline Personality Disorder. Dialectical Behaviour Therapy (DBT) requires a strong commitment to therapy and can be usec to help people who experience symptoms of impulsivity, frequer interpersonal conflict, difficulty with emotional regulation, anger and poor coping in stressful situations. This program is DVA approved.

Dialectical Behaviour Therapy (DBT) For Young Adults

Day	Time	Duration
Tuesday	12:45 - 4:00pm	12 weeks
Monday (6 month program)	12:45 - 4:00pm	6 months

This skills based program assists young adults aged 18 to 25 years old with Borderline Personality Disorder or intense, unstable mood states, self-harm and unstable relationships to tolerate intense feelings, and learn to manage behaviours often associated with Borderline Personality Disorder. It is based on DBT principles and combines standard CBT techniques for emotion regulation and reality testing with concepts of mindful awareness, distress tolerance and acceptance.

Dialectical Behaviour Therapy (DBT) Follow Up

Day	Time	Duration
Monday	9:15am - 12:30pm	Ongoing

Run by a multidisciplinary treatment team, this program is for patients who have attended the 6 month Dialectical Behaviour Therapy (DBT) program and wish to maintain or refresh their DBTskills.

Emotional Eating

Day	Time	Duration
Friday	9:15am - 3:00pm	8 weeks

This program aims to provide support for individuals who engage in emotional eating to the detriment of their health. The program incorporates strategies from CBT, DBT and ACT. It seeks to build understanding of thoughts, emotions and behaviours; increase coping skills and improve awareness and self-compassion.

Exercise for Mental Health

Day	Time	Duration
Monday	9:15am - 12:30pm	5 weeks

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.

Healthy Minds

Day	Time	Duration
Thursday	9:15am - 3:00pm	12 weeks

Designed for people aged over 50 experiencing adjustment difficulties, depression, anxiety or early signs of memory loss and cognitive changes. Patients focus on age related issues including brain training exercises, creating a healthy balanced lifestyle through mental and physical activities, healthy eating and social activities.The program runs continually and patients are able to join at any time.

Managing Adult Attention Deficit/Hyperactivity Disorder (ADHD)

Day	Time	Duration
Thursday or	9:15am - 12:30pm	10 weeks
Thursday	5:30pm - 8:45pm	

This program is designed for people who are struggling to manage their ADHD symptoms such as attention and motivatior 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 affectinç their day-to-day lives. This 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. This program is DVA approved.

BELMONT PRIVATE HOSPITAL

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Masterclass for Mothers

Day	Time	Duration
Thursday	9:15am - 3:00pm	4 weeks

This masterclass is designed for parents who have attended the CBT for Mothers program and now wish to focus more intensely on specific topics of interest while maintaining ongoing support for themselves. Some topics include:

- Self-Compassion
- Circle of Security
- ACT for Mothers
- Screen-Life Balance
- Anxiety and Stress
- Intro to DBT for Mothers

Project Art

Day	Time	Duration
Thursday	9:15am - 3:00pm	12 weeks

This program is particularly appropriate for patients who enjoy creative expression and would like to improve their confidence using a variety of art materials or who may be unsure of their creative abilities, but are interested in trying a variety of structured art projects. It is also designed for people who would like to engage in creative self expression for personal development and explore emotional and psychological issues.

PTSD

Day	Time	Duration
Thursday	9:15am - 3:00pm	12 weeks

This DVA approved program is developed for patients who experience symptoms of PTSD or have been diagnosed with PTSD. The program focuses on the first two stages of trauma intervention. The first stage focuses on building awareness and understanding of PTSD, one's own experience of PTSD, and evidence-based rationale for PTSD interventions. The second stage focuses on acquiring skills for day-to-day management and regulation of PTSD symptoms, which are essential in preparing individuals for trauma-processing stages of intervention.

R.E.A.C.H. Bipolar and Depression

Day	Time	Duration
Day varies	9:15am - 3:00pm	6 weeks

This program has been developed by the Black Dog Institute for people living with depression or bipolar disorder. It is based on the principles of Responsibility, Education, Acceptance, Connection and Hope and is designed to help patients manage their illness and stay well.

Trauma and Dissociation

Day	Time	Duration
Tuesday	9:15am - 3:00pm	Ongoing

Designed for patients managing significant and often complex past abuse and trauma issues, this skill based program emphasises personal responsibility and patients' active involvement in their own treatment. It also aims to facilitate a sense of safety and security and encourage a sense of empowerment to work constructively towards therapeutic goals. Participants must have completed the 3 week inpatient TDU program to be eligible to attend.

Young at Heart

Day	Time	Duration
Tuesday	9:15am - 3:00pm	Ongoing

This program is run by a multidisciplinary treatment team and is aimed at assisting mature aged patients wishing to stay mentally and physically healthy while improving quality of life and engaging with groups and services in the community.The program combines evidence based interventions such as Cognitive Behaviour Therapy (CBT), Acceptance and Commitment Therapy (ACT) and other strength based therapies.

Young Adult Programs

Day	Time	Duration
Monday OR Tuesday OR Wednesday OR Thursday	12:45pm - 4:00pm OR 4:15pm - 7:30pm	6 weeks - 6 months

Young Adult programs are suitable for people aged 16 - 25 year Our Young Adult programs include:

- Autism Program (12 weeks)
- Managing Social Anxiety and Building Social Skills (8 weeks)
- Creative Therapies (8 weeks)
- Dialectical Behaviour Therapy - Introductory program (12 weeks)
- Dialectical Behaviour Therapy - 6 month program
- Parent and Carer Relationship Education Course (3 weeks)