

Interpersonal Relationships and Communications

A graduate post-intensive program
(closed-group)

Who is the program for?

This program aims to provide individuals with complex mental health issues, opportunities to gain awareness and understanding of their own interpersonal style in an experiential group therapy setting.

Program content

- Exploring and developing healthy communication styles
- Exploring attachment styles and repetitive relationship patterns
- Building and Maintaining healthy relationships
- Ending destructive relationships
- Coping with invalidation and distress in relationships
- Working through grief and loss
- Understanding others and their communication styles
- Developing interpersonal effectiveness

About the program

As humans, healthy relationships and close connection with others are critical protective factors against numerous mental health issues. Participants are encouraged to develop healthy and assertive communication skills, build trust in relationships and manage complex thoughts and emotions which arise in relationships. The group provides members the opportunity to gain awareness of their own relationship styles and patterns, as well as assist others in expanding their awareness. Through this process, members are given the opportunity to break repetitive patterns and develop new and healthier ways to relate to themselves and others.

When is it held?

Every Wednesday from 1:30pm until 4:45pm. Afternoon tea is provided.

How to join

If you are interested in attending this program you will need to discuss this with the therapy manager at Abbotsford to assess suitability to the program. You will also need an Abbotsford Psychiatry or Cambridge Clinic admitting doctor to provide a referral.

How much does it cost?

You will be admitted as a day patient and as such, can claim it via your health fund. All funds have different rules. Please check with our Day Patient Coordinator, who will advise if any out-of-pocket excess or gap costs are applicable to you.

Abbotsford
Private Hospital

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