

Mindfulness (Managing Psychological Distress)

A weekly pre or post-intensive depression program to build skills and methods to manage emotional distress

Who is the program for?

Individuals who have experienced depression, anxiety and substance dependence issues.

Program content

- Mindfulness based and somatic (body focused) skills
- Basic theory, physiology and research behind mindfulness practice
- Understanding common pitfalls in practice -- Making use of habit development and behaviour change principles
- Understanding of trauma symptoms and management
- Development of emotional regulation skills

About the program

This program integrates mindfulness and sensorimotor therapy for individuals with mental health diagnoses. Participants learn that while awareness and thinking are potent and valuable, they are very different capacities. Participants are shown how to respond with awareness rather than engaging in cognitive distortions, emotion dysregulation and maladaptive behavioural strategies commonly associated with diagnoses such as depression, anxiety, substance dependence and/or chronic pain. The program emphasises mindfulness practices, which aim to develop basic skills in a sequential or step-by-step manner.

When is it held?

Every Wednesday from 9:30am until 12:45pm. Morning tea is provided.

How to join

If you are interested in attending this program you will need to discuss this with an Abbotsford Psychiatry or Cambridge Clinic admitting doctor who will assess your suitability and if appropriate, 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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