



Mayo Mental Healthcare

May Day Group Program Term 2 2011

Acceptance and Commitment Therapy

Relationship Enhancement Group

Mondays 9:30 am to 2:30 pm, 2nd May - 27th June (9 days in total)

Depression Management Group

Tuesdays 9 am to 2 pm, 10th May – 28th June. (8 days in total)

Mindfulness Group

Wednesdays 9:30 am to 2:30 pm, 4th May- 29th June (9 days in total)

Dialectical Behaviour Therapy (DBT)

Thursdays 9:30 am to 2:30 pm, 5th May – 30th June (9 days in total)

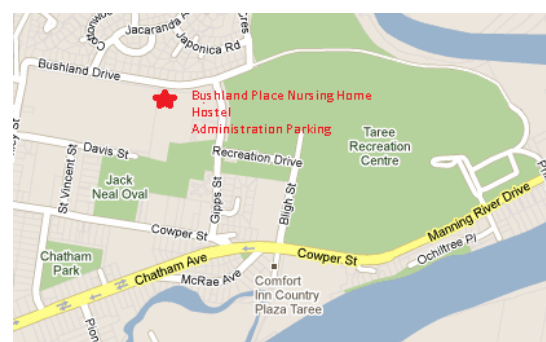
Post Traumatic Stress Disorder (PTSD) Program

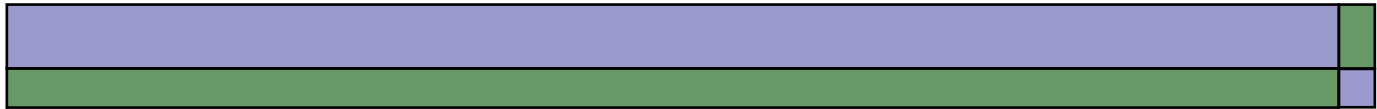
Fridays 9:30 am to 2:30 pm, 20th May - 8th July (8 days in total)

Participation in Mayo Day Programs must be via referral from a Mayo accredited psychiatrist. Referrals to these psychiatrists can be obtained from your general practitioner. Groups are provided through private health funds as part of hospital cover.

For more information please contact Paul Cox
Manager Mayo Mental Healthcare
(02) 6552 0071

Bushland Place Hostel Bushland Drive Taree NSW





Acceptance & Commitment Therapy Relationship Enhancement Group

The Relationship Enhancement group has been developed to assist couples to foster positive attitudes towards each other and use tools from acceptance and commitment therapy (ACT) and mindfulness skills to achieve a greater understanding of themselves and their relationships with others. This is a challenging opportunity to develop inner resources for growth and change in your relationships. A comprehensive treatment manual is provided to all participants.

Depression Management Program

The Depression Management Program uses a cognitive-behavioural approach, which means there is a focus on the role that thoughts and beliefs play in the development and continuation of depressive symptoms. The program covers a range of topics including education about depression; improving motivation, sleep and mood; challenging unhelpful negative thoughts; building self-esteem and confidence; improving communication; problem-solving; goal setting, and relapse prevention. A comprehensive treatment manual is provided to all participants.

Mindfulness Program

Mindfulness is based on eastern traditions. Mindfulness training contains several features that overlap with cognitive behavioural models for treating mood and anxiety disorders. These two modalities share a common aim by encouraging participants to reappraise maladaptive views and to promote a more objective reality about oneself and the world. The benefits of mindfulness are to be fully present in the here and now, to become aware of what you are avoiding, to become more connected to yourself and the world around you. A comprehensive treatment manual is provided to all participants.

Dialectical Behaviour Therapy

The DBT Program is based on the Marsha Linehan treatment for borderline personality disorder, although participants do not necessarily have to have a diagnosis of borderline personality to attend. The program is a skills based training course designed to assist in managing distress, improving interpersonal problems, reducing self-harming behaviours, stabilising extreme emotions and generally improving day to day functioning and quality of life. The program is made up of three modules, each of which run for nine weeks, one day per week. The modules are Interpersonal Effectiveness, Emotion Regulation and Distress Tolerance. Participants can attend one or more modules and do not necessarily have to complete the modules in a particular order. Handouts and other resources are provided to all participants.

Post Traumatic Stress Disorder Program

PTSD is a condition that can develop following a traumatic event. The PTSD Program uses a cognitive-behavioural approach to the treatment of PTSD. The program covers a range of topics including education about PTSD and the factors that maintain the disorder; modifying unhelpful thoughts and beliefs; education on a range of emotions; improving communication; problem solving; goal setting, and relapse prevention. This group also incorporates a family day where partners or immediate family are invited to attend. A comprehensive treatment manual is provided to all participants.

