

What will you learn in the group?

- **Assertiveness**
Learning to say "no" & express your point of view can be difficult at times. This module is designed to teach you about assertive communication, distinguishing between passive, assertive & aggressive behaviours & understanding the right to speak & be heard
- **Lifestyle and Balance**
An imbalanced lifestyle, where important areas of your life such as work, family, relationships, leisure & hobbies/interests are either over or under emphasized, often contribute to the onset & perpetuation of mental health problems. This module is designed to help you identify & organize your priorities & allocate your time accordingly
- **Relapse prevention and discharge planning**
Setbacks are inevitable. How you deal with them will determine how they impact on your life. This module is all about learning strategies to deal with possible problems after leaving hospital & to avoid the risk of relapse.

What is the Marian Centre?

The Centre is a new Mental health centre. It is in the Medical Precinct in Subiaco. It will bring the best in proven techniques for all psychological symptoms that our patients suffer.

What is the cost of the Program?

Dependant on your private health insurance, the Adolescent Program may be covered. Our administration department will be able to determine any out of pocket expenses prior to you commencing the program. It is advised that you also contact your private health fund.



The Marian Centre

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**Enhanced Coping Skills
Group**

The Marian Centre

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What is the Enhanced Coping Skills Group?

Mental health problems can be caused or perpetuated by the use of unhelpful ways of dealing with life's stressors.

The Enhanced Coping Skills Group is based on the therapeutic benefits of replacing these unhelpful strategies with more effective & helpful problem solving skills.

The Enhanced Coping Skills Group is part of the Inpatient Therapy Program

Who is the Group suitable for?

The Enhanced Coping Skills Group is open to all patients who need skills in managing anxiety and depression.

A referral can be made by your Psychiatrist on admission.



What will you learn in the group?

The group is a series of topics or modules. These are described below:

- **Problem Identification and goal setting:**

This module aims to help you clearly identify problem areas that are relevant to your current difficulties & admission to the Centre. Setting realistic & achievable goals for each problem area helps to establish a plan & direction for your treatment. In the absence of a plan, therapy may produce unsatisfactory results.

- **Problem solving and decision making**

Problems are a part of life. No one lives a "problem free" life. How we solve problems can be a significant factor in maintaining our levels of emotional distress. This module aims to teach you a structured & effective way of dealing with problems & importantly finding solutions.

- **Depression Management**

This module is designed to teach you strategies to better manage your mood & symptoms of depression. This includes understanding the negative cycle of depression, identifying triggers for low mood & learning strategies to distract yourself from negative thoughts, challenging negative thoughts & activity planning

- **Anxiety Management**

This module is designed to teach you strategies to manage symptoms of anxiety. This includes understanding the anxiety cycle, identifying triggers for anxiety & learning breathing & relaxation techniques, distraction & thought challenging techniques & anxiety step-ladders

- **Self Esteem**

Low self-esteem can lead to the development of mental health problems as well as being a consequence of such problems. Either way, learning strategies to build self-esteem, develop an accurate image of yourself & boost self-confidence forms an important part of treatment

- **Relationships**

"People need people". This module is designed to help you improve your relationships with significant people in your life by examining expectations, boundaries & unhelpful patterns of interaction

- **Communication**

The key to successful relationships is effective communication. This module aims to help you improve your ability to communicate openly & honestly.

