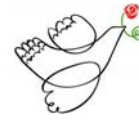


THE MARIAN CENTRE

Growth through choice and understanding



INPATIENT THERAPY PROGRAM

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 Inpatient Therapy Program?

The Marian Centre provides an intensive, evidenced based, seven day a week group therapy service to all patients. We believe attending the Inpatient Therapy Program will play an integral part in your treatment and hence provide you with the optimal circumstances for a speedy recovery.

What is therapy?

Therapy aims to provide you with an opportunity to express your feelings and be listened to in a non-judgmental way.

Therapy also aims to help you identify problem areas in your life and most importantly to help you find solutions to these problems.

How will the program help you?

The Inpatient Therapy Program aims to provide you with:

- A safe & supportive environment
- Understanding and empathy
- A sense of empowerment & hope
- Immediate access to therapy, so that you get

the help you need without any delays

- A reduction in your symptoms, including any anxiety you may be feeling about being in hospital
- Assistance to identify problem areas & set goals for treatment
- Information about your illness and to teach you problem solving and coping skills
- Prepare you for discharge & return home

What groups make up the Inpatient Therapy Program?

Physical Activities Group

The Physical Activities Group is designed to use exercise as a strategy for improving both the physical & mental health of all patients. It has been demonstrated that participation in mild to moderate forms of exercise can be effective in treating mental health problems such as depression & anxiety.

The Physical Activities Group will include:

- I. Participation in mild to moderate intensity activity for no more than 30-40 minutes per session
- II. A range of possible physical activities that are safe e.g. walking, light jogging, gentle stretching
- III. Exercise Counseling

Activities Based Therapy Group

The Activities Based Therapy Group is designed to meet the needs of those patients who are currently too unwell to attend a discussion-based group. This group aims to provide you with structure and routine as well as constructive and personally meaningful activity to help

rebuild your confidence and a positive mood.

The Activities Based Therapy Group addresses the following topics:

- I. Craft & art activities
- II. Concentration activities such as board games, puzzles etc.
- III. Social outings
- IV. Identifying interests and skills
- V. Practical living skills like cooking and budgeting
- VI. Self-nurturing activities
- VII. Small group discussions

Enhanced Coping Skills Group

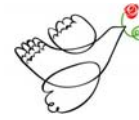
The Enhanced Coping Skills Group is designed to help you acquire relevant information about your illness, its treatment and more functional and helpful ways of coping with their current difficulties and solving problems. The Enhanced Coping Skills Group is open to all patients who need skills in managing anxiety and depression.

The Enhanced Coping Skills Group addresses the following topics:

- I. Problem identification & Goal setting
- II. Depression management
- III. Anxiety & panic management
- IV. Building self-esteem
- V. Problem solving skills
- VI. Relationships
- VII. Communication skills
- VIII. Assertiveness skills
- IX. Lifestyle balance
- X. Relaxation training
- XI. Stress Management
- XII. Sleep
- XIII. Exercise
- XIV. Nutrition
- XV. Discharge planning & Relapse prevention

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Which groups should I attend?

The Marian Centre staff, in consultation with your psychiatrist, helps to decide which of the groups are best suited to your particular needs. It is possible that you may attend more than one therapy group while admitted to the Centre, in order for therapy to target your particular problem areas and goals, as well as due to changes in your own day-to-day functioning.

The Marian Centre uses an **open group therapy** model. This means the patient composition of the group can change from day to day, with new patients entering the group as well as others leaving the group. This will enable an **immediate access to therapy** without unnecessary time delays and therefore help to meet your needs in a timely and effective manner.

Do I have to do homework for the groups?

Not all the information/education you require can be delivered during group time. Furthermore it is important to put what you are learning in group therapy into action. Therefore you may be required to complete small homework tasks. This helps to reinforce the material that is covered in group sessions & make it personally relevant to your problems & goals for treatment. Your nurse and/or your family/friends can assist you to complete these assignments.

How soon after admission do I attend? How often do I attend?

You will begin group therapy one to two days after your admission. Group therapy starts at 9am and continues

until 3pm with breaks in between for refreshments. The Inpatient Therapy Program runs 7 days a week. We believe it is important to provide you with therapy on the weekends as well as during the week so that you make the most effective use of your time at the Centre.

Do I have to attend all the time?

Therapy can only be effective and help you achieve your goals if you attend. There may be times that you may not feel like attending group therapy, however you are likely to discover that you often feel worse rather than better for not attending. Therapy helps to keep you focused on learning solutions to your problems and hence keeps you from focusing on negative thoughts that only serves to worsen your mood and ability to cope. **So even when you don't feel like attending, it is often worth trying as hard as possible to do so.**

Are the groups confidential?

Staff are very much aware of your rights and maintaining your privacy. The need to respect everyone's right to privacy & confidentiality is discussed with the group at the start of each session. Adhering to this principle is essential for participation in the group programs.

Who runs the groups?

The Centre has a staff of highly skilled & experienced professionals including clinical psychologists, occupational therapists and nurses. These staff are all experienced in group therapy and will help you to feel relaxed & at ease.

When is it run?

The Inpatient Therapy Program is run on:

Weekdays 9.00 to 3pm
Weekends 9.00 to 11.30am

How much does the Inpatient Therapy Program cost?

The Program is mostly covered by private health insurance.

Please contact your fund to confirm your coverage and let them know you want to do the program.

How do I get referred to the Inpatient Therapy Program?

You need to be referred to the Intensive Community Treatment Program by a Consultant Psychiatrist.

Your Psychiatrist retains the primary responsibility for your care.

The Centre has referral forms that can be used. Your psychiatrist can request these from the Centre.

Where is the program held?

The program is held at our Subiaco premises.

THE MARIAN CENTRE -
SUBIACO
187 Cambridge Street
Wembley WA 6014
Tel: (08) 9380 4999
Fax: (08) 9388 3179

For further information please contact Ms. Carrie Price, Senior Occupational Therapist on 9380 4999