

The Emotional Wellness Program is a therapeutic program which allows for the opportunity to develop psychological skills and share in discussion with others who may have had a similar experience.

Information handouts and resources are provided. Completion of practice tasks is encouraged.

As with all day programs offered by The Geelong Clinic, the sessions are facilitated by experienced health professionals.

More information

If you have any questions, please do not hesitate to call us on **03 5240 0700**.



Emotional Wellness Program

Information for patients, carers, family and support persons



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Community
of Care

 **The Geelong Clinic**
by Healthscope

Emotional Wellness Program

This program is designed for people who experience difficulty managing emotions such as those with a diagnosis of Borderline Personality Disorder, Eating Disorders, Depression, Anxiety disorders and other diagnoses e.g. substance use difficulties. The following outline is a guide only and course content may vary depending on the needs of the group.

The Emotional Wellness Program:

- Provides a safe and confidential forum where participants are encouraged to explore their strengths as well as limitations imposed by mood.
- Introduces participants to the principles of Mindfulness, Acceptance and Commitment Therapy (ACT), Cognitive Behavioural Therapy (CBT) and Dialectical Behavioural Therapy (DBT) for use in emotion regulation.

Outline of program:

This program explores with participants, the many factors that can impact their mental health whilst also focusing on skill development and practice.

Understanding emotions

- Explore the function and purpose of different emotions. Why do we have emotions and how do we deal with them?
- Explore the way that emotions can cause changes in our bodies, such as the “fight or flight” response.

Mindfulness of thoughts and emotions

- Develop mindfulness skills for observing thoughts and emotions in a more accepting and non-judgmental way (self-validation).
- Develop grounding techniques which utilise the physical body, breath, sensory awareness and visualisation in order to reduce the intensity of difficult emotions.
- The concept of Wisemind is used as a tool to integrate emotional and rational minds and allow greater balance for decision making and increased self-awareness.

Identifying important values and goals

- Identify personal values and explore how to live more closely by these values.
- Participate in goal setting exercises based on values, and identify achievable steps towards them.
- Over-come avoidance behaviours which may be obstacles to values-based action.

Distress tolerance

- Learn to apply distress tolerance tools to manage times of crisis and increased severity of difficult emotions.
- Explore ways to self-soothe and to care for oneself in a more compassionate and helpful manner.
- The concept of window of tolerance is used to help maintain emotional intensity within a more manageable range.

Working with unhelpful thinking

- Identify and challenge unhelpful beliefs and thinking patterns, and explore more effective ways of reacting to emotional states (emotional schemas).
- Learn to more effectively manage difficult emotions such as anxiety and anger, and to de-escalate interpersonal disputes.
- Identify and challenge self-critical thought patterns, and to learn more self-compassionate approaches to working with ourselves (enhancing the healthy adult).

Cost

We have agreements with Private Health Funds, DVA, Workcover and TAC. Self funding is also an option.

All referrals are subject to a health fund check prior to admission to a program.

Please call us to discuss any questions you may have in relation to cost.

Obtaining a Referral

To be admitted to our programs, you will need to ask your General Practitioner for a referral to a Geelong Clinic accredited Psychiatrist. The Psychiatrist will then refer you to the Day Program.

Your GP can address your referral to: ‘Dear Doctor at The Geelong Clinic’ or the Psychiatrist of your choice.

The referral should be faxed by your GP to [03 5248 4852](tel:0352484852).

Once cover or funding is checked and confirmed, the program coordinator will coordinate next steps with you.