

# Marian Centre Therapy Programs

Evidence-based therapies for enhancing mental health and associated difficulties.

## Who are the programs for?

The programs are designed to meet the needs of people experiencing various mental health conditions and problem areas.

## Who facilitates the programs?

The daypatient programs are facilitated by clinical psychologist, registered psychologists, registered counsellors, psychotherapists and occupational therapists.

## How to join?

Please request a referral from your psychiatrist or GP. An assessment, if required, will be arranged prior to the commencement of the program.

## Where?

The programs are held at our new day patient therapy suites at the Marian Centre.

## Cost?

You will be admitted as a daypatient and as such, can claim via your health fund, if you hold sufficient hospital cover. All funds have different rules. Please ring our dedicated Therapy Liaison Officer (TLO) on (08) 9380 4999 ext 1126 to discuss attendance and any out-of-pocket expenses, excess or gap fees.

## About the Hospital

Marian Centre is a stand alone private psychiatric facility offering highest quality patient care using evidence-based clinical practice. We provide inpatient, daypatient and outpatient services. We specialise in treating high prevalence disorders such as anxiety and depression.

## Current Programs

### DARE Program (Depression and Anxiety Resilience Education Program)

Designed primarily for people with anxiety and/or depression. Day and evening available. 1 week intensive Monday to Friday 9:00am to 3:00pm OR Thursday 5:30pm to 8:30pm for 10 weeks.

### Mindful Living Program - Mindfulness Based Cognitive Therapy (MBCT)

Designed primarily for depression, relapse prevention and maintenance of wellbeing. Also useful for self awareness, concentration, and anxiety management. 5 week program, Wednesdays 5:30pm to 8:30pm and 2 sessions Saturday 9:00am to 12:30pm with a four week break between the last two sessions.

### CBT for Insomnia Program (CBT-I)

Designed for people with chronic sleep difficulties. 4 week program held Saturdays 9:00am to 2.30pm

### Adolescent CBT

Designed for young people (16 to 18 yrs) experiencing difficulties with anxiety and depression, emotional regulation and poor self image. 10 week program held Wednesday evenings 4:30 to 7:30pm.

### Reframe and Reclaim (R&R) PTSD Program

Designed to assist active and retired service personnel and first responders (police officer, fire fighters, paramedics and emergency technicians) who have been exposed to trauma in the performance of their daily routines. Low and moderate intensity programs available. 12 week program Monday 5:30 to 8:30pm OR 4 week program Monday to Friday 9:00am to 4:15pm.

### Complex Trauma Program

Designed for individuals who have experienced some form of abuse in early childhood and/or adolescence (i.e, physical, sexual, emotional). 10 week program, Mondays 1:00pm to 4:00pm.

### Coming Soon.....

Purposeful Living Program - Acceptance and Commitment Therapy (ACT)  
Interpersonal Awareness Program  
Help! Supporters Program



Marian  
Centre

