

# Day Therapy Programs

Evidence based therapies for enhancing mental health and associated difficulties.

## Referrals

A referral from a Psychiatrist or General Practitioner is required to access the Marian Centre's mental health programs. If required, a mental health assessment will be arranged prior to commencing a program.

## Health Insurance

A health fund claim can be made, provided the patient has sufficient cover. Please contact our Therapy Liaison Officer to discuss any out-of-pocket expense, excess or gap fee.

## Further Information and Assistance

Please contact the Marian Centre's Therapy Liaison Officer via the contact details listed below.

## Current Programs

<b>Program</b>	Cognitive Behavioural Therapy (CBT) Day Program
<b>Day</b>	Monday - Friday
<b>Time</b>	9:00am - 2:45pm
<b>Duration</b>	1 or 2 Weeks

Designed for people with a range of emotional and mental health issues, particularly anxiety and/or depression. One or two week day program available. Evening sessions also available.

<b>Program</b>	Cognitive Behavioural Therapy (CBT) Evening Program
<b>Day</b>	Weekly
<b>Time</b>	5:30pm - 8:45pm
<b>Duration</b>	10 Weeks

Designed for people with a range of emotional and mental health issues, particularly anxiety and/or depression. Day sessions also available.

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<b>Program</b>	Dialectical Behaviour Informed Therapy (DBT) Program
<b>Day</b>	Weekly
<b>Time</b>	9:00am - 12:15pm
<b>Duration</b>	10 Weeks

A skills based program that assists patients to tolerate intense feelings whilst learning to manage self harming behaviours including suicide, and alcohol and drug misuse.

<b>Program</b>	Mindfulness Based Cognitive Behavioural Therapy (MCBT) Program
<b>Day</b>	Week 1, 2 and 3: Thursday Week 4 and 5: Thursday and Saturday
<b>Time</b>	Thursday: 5:30pm - 8:45pm Saturday: 9:00am - 12:30pm
<b>Duration</b>	5 Weeks

A skills based program designed to assist in mood management, reduce worry and prevent relapse.

<b>Program</b>	CBT for Insomnia (CBT-I) Program
<b>Day</b>	Saturday
<b>Time</b>	9:30am - 12:45pm
<b>Duration</b>	4 Weeks

For people with chronic sleep difficulties. Providing resources, education and strategies to enhance the ability to change behaviours and thoughts that impact on sleep.

<b>Program</b>	Post Traumatic Stress Disorder (PTSD) Program
<b>Day</b>	Monday - Friday
<b>Time</b>	9:00am - 2:45pm
<b>Duration</b>	4 Weeks

Designed to assist active and retired service personnel and first responders who have been exposed to trauma in the performance of their daily routines.

<b>Program</b>	Complex Trauma Program
<b>Day</b>	Weekly
<b>Time</b>	5:30pm - 8:45pm
<b>Duration</b>	10 Weeks

Designed for individuals who have experienced childhood trauma or other traumatic events that have threatened their life or safety.