

# Day Program: Interpersonal Building Better Relationships



## What is it?

Interpersonal Building Better Relationships is an interpersonal group which aims to develop acceptance, support and trust in the group relationships in order to facilitate: a deeper understanding of self, challenge notions of self and constructive expression of conflict. This program is suitable as a follow up to skills/content based programs.

Learning in the group occurs as a result of the interactions between group members. Using the 'here and now' experience of the group to enhance individuals understanding of themselves and their relationships in their everyday life.

Participants identify a personal therapeutic goal which the group members assists them to explore during the process of their interactions. In this way they work actively on the problems that brought them to group.

## What will I learn?

Participant outcomes may include learning:

- Why a group member thinks and feels the way they do
- How to express feelings
- That others experience similar challenges
- How a person's behaviour impacts on someone else

Further outcomes include a sense of belonging and trying out new ways to interact and facing life issues.

## When can I start and how long does it take?

The program runs weekly, on a Tuesday from 10am-1pm. is an open and ongoing group, so patients can be referred into the group at any time.

## How do I register and join the program?

To join the group, you will need a referral from your psychiatrist.

## For More Information

Please Contact our Transitions Team on 9773 7000

3 Gibb Street, Berwick 3806  
T. (03) 9773 7000 E. [info.langmore@sjog.org.au](mailto:info.langmore@sjog.org.au)

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# Day Program: DBT pre-commitment program



## What is it?

Dialectical Behaviour Therapy (DBT) is an effective form of cognitive behavioural therapy that helps you reduce the frequency of self-harm, assist in emotional regulation and reinforce healthy behaviours.

## Who is it for?

This group is for people who struggle with their emotions, experience impulsivity, significant distress, or who have difficulty in maintaining relationships or employment

Some of the specific psychological problems that can be helped with DBT include clinical depression and anxiety, binge eating, Post-Traumatic Stress Disorder and substance use problems.

## What will I learn?

This group aims to prepare you for participating in the 32 week DBT program. This group will orientate participants to the structure, goals and requirements of the DBT program.

## When can I start and how long does it take?

This is a closed program, with new participants only accepted during the first week. Once you have completed the pre-commitment program you will be assessed for your suitability for the DBT program.

## How do I register and join the program?

To join the group, you will need a referral from your psychiatrist.

This group is skills-based. This means that it requires your active participation during sessions, and will require a pre-assessment from the group facilitator prior to being able to participate.

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# Day Program: Dialectical Behaviour Therapy (DBT)



## What is it?

Dialectical Behaviour Therapy (DBT) is an effective form of cognitive behavioural therapy that helps you reduce the frequency of self-harm, assist in emotional regulation and reinforce healthy behaviours.

## Who is it for?

This group is for people who struggle with their emotions, experience impulsivity, significant distress, or who have difficulty in maintaining relationships or employment.

Some of the specific psychological problems that can be helped with DBT include clinical depression and anxiety, binge eating, Post-Traumatic Stress Disorder and substance use problems.

## What will I learn?

This group aims help you increase effective skill use across four domains, including:  
Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness.

## When can I start and how long does it take?

The DBT program consists of three ten week modules, delivered over a 32 week period with a one week break between each module.

The program is delivered in a modular format allowing new participants to enter the group at the beginning of each new module.

## How do I register and join the program?

To join the group, you will need a referral from your psychiatrist. This group is skills-based. This means that it requires your active participation during sessions, and will require a pre-assessment from the group facilitator prior to being able to participate. Please note that successful completion of the DBT Pre-commitment Program is a prerequisite for entry into this program.

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# Day Program: Recovery Focussed Interpersonal Therapy Group



## What is it?

Interpersonal therapy is a powerful way for people to learn about themselves and their relationships with others by focussing on their social roles and relationships, evaluating specific problems in their lives.

## Who is it for?

This group is for people who are looking to work through underlying personality conflicts that produce the compulsion to use drugs as well as overcome feelings of self-contempt, loneliness, alienation, and disengagement.

## What will I learn?

This group aims provide you with the skills to identify, understand and change maladaptive self-defeating styles of being, enable healthier coping skills and reduce self-destructive and hostile behaviours.

## When can I start and how long does it take?

The program runs weekly, with modules that run over 15 weeks.

## How do I register and join the program?

To join the group, you will need a referral from your psychiatrist.

This group runs over three modules, running for 15 weeks each module. New participants can join at the beginning of a module. The program is co-facilitated by two clinicians and runs on Fridays from 9:30am to 12:30pm. Experience in a group therapy environment is an advantage. If you haven't participated in group therapy before, a Brief Interpersonal Therapy group program is available.

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# Day Program: Creative Art Therapy Open Studio



## What is it?

The Creative Art Therapy program provides participants with a safe and supported space in which to explore and engage in the creative process of art making to improve physical, mental and emotional well-being.

Through creating art and reflecting on an individual's self-expression and inner world, participants can increase their awareness and acceptance of self and others, develop coping skills, relieve stress and anxiety, effect change and growth on a personal level and enjoy the life affirming pleasures of making art and engaging the imagination.

Each session begins with a check-in which provides participants with the opportunity to share how they are feeling with the facilitator and group members. Varied art materials and creative approaches are on offer each week.

This is a self-directed group where participants can choose to use the check-in as a beginning point or engage in their own self-directed creative exploration. The facilitator is available to assist group members with the creative process, expression and choice of materials.

## What will I learn?

The aim of this program is to give group members the opportunity to:

- Express feelings that may be difficult to verbalize
- Explore their imagination and creativity
- Improve self-esteem and confidence
- Identify and clarify issues and concerns
- Identify blocks to emotional expression and develop healthy coping skills

## When can I start and how long does it take?

The program runs weekly, on Wednesdays from 9.30am till 3.00pm. This is an open and ongoing group, so patients can be referred into the group at any time.

## How do I register and join the program?

To join the group, you will need a referral from your psychiatrist.

This group is skills-based. This means that it requires your active participation during sessions, and will require a pre-assessment from the group facilitator prior to being able to participate.

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# Day Program: Road Of Recovery Addiction (ROAR)



## What is it?

The Road of Addiction Recovery Day Program (ROAR) uses effective components from various Addiction Recovery Models to support you to develop and implement life enhancing skills. Multiple modalities are seamlessly brought together to offer effective evidenced based strategies. Each session is complete within itself and will teach skills that are ready to put into practice, session by session building your ability to take life enhancing actions

## Who is it for?

This group is for people who are experiencing problems with substance use and mental health

## What will I learn?

- This group aims to assist you to develop mindfulness skills to clearly see the relationship between thoughts, feelings and actions.
- Enhance problem solving and communications skills.
- Strengthen interpersonal skills.
- Improve personal motivation
- Cultivate a healthier life

## When can I start and how long does it take?

This program consists of twelve sessions. Participants can join the group at any stage of the program. Groups run on Mondays between 10am to 1pm.

## How do I register and join the program?

To join the group, you will need a referral from your psychiatrist. Assessment will be undertaken by the Transition Team.

This group is skills-based. This means that it requires your active participation during sessions.

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# Day Program: CBT for Anxiety and Mood Improvement



## What is it?

CBT is a widely researched, evidence-based treatment that has been shown to effectively reduce anxiety symptoms.

If you struggle with feeling tense or panicky, find yourself getting caught up in 'what if...' worries and worst case scenarios, and have started avoiding people, places or things you care about because of your anxiety, then this group is for you.

The key idea behind CBT is that what we think and do affects how we feel. This group aims to provide you with the necessary skills to challenge and change your anxious thinking and reduce your avoidant behaviours in order to improve how you feel.

## What will I learn?

- To help you work out your personal goals for a better future
- To increase your understanding of anxiety and it's impact on you
- To identify, challenge and change negative thinking patterns that increase your anxiety and lead to avoidance
- To stop the cycle of worry and rumination
- To reduce the physical symptoms of anxiety (e.g.

muscle tension, sweating, heart racing etc) through various body-based strategies

- To reduce avoidance and gradually increase your ability to successfully engage in situations that are anxiety provoking

## When can I start and how long does it take?

This half-day rolling program is comprised of 10 weekly sessions. At the end of the 10 weeks there is an assessment period for individual tracking of individual treatment goals and plans. The program is run on Thursdays from 10am to 1pm.

## How do I register and join the program?

To join the group, you will need a referral from your psychiatrist.

This group is skills-based. This means that it requires your active participation during sessions, and will require a pre-assessment from the group facilitator prior to being able to participate.

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# Day Program:

## Arts Psychotherapy



### What is it?

The arts psychotherapy group is a structured group where patients who have experienced trauma or are managing life with a mental illness can explore a range of art methods and themes. Art is used as a medium to communicate and explore aspects of Self and your challenges to build capacity and resilience.

This group focuses on developing the felt sense of safety and regulation, to build resources and strengths that act as tools to repair ruptures caused by trauma. Including to gain a sense of trust and control within yourself again to meet life's challenges.

### Who is it for?

This group is suitable for those who enjoy exploring the creative art process, and have a desire to learn more about themselves and want to develop resources for coping integration.

### What will I learn?

- Better understand yourself and your needs.
- Exercise personal choice.
- Explore a range of creative art methods.
- Receive regular support to sustain and integrate recovery.
- Develop useful coping skills to incorporate into your daily life.

- Discover your abilities, strengths, and resources.
- Recognise and develop an awareness of underlying patterns of behaviour
- Increase your capacity to explore and express your feeling states and needs.
- Develop an understanding of your boundaries and learn to assert them.
- To use art as a tool for organising, mapping, and problem solving issues.

### When can I start and how long does it take?

The program has two streams running weekly.

Tuesday full day from 9:30am till 3.00pm or Thursday half day from 4:30pm till 7:30pm

This is a semi closed group that is ongoing. Patients will need to be referred into the group at an appropriate time within the module. Please contact our transitions team to discuss which group is most suitable for you to sign up to.

### How do I register and join the program?

To join the group, you will need a referral from your psychiatrist.

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