



The Victoria Clinic

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07/17



The Victoria Clinic

Total Wellness Program



What is the Total Wellness Program or TWP?

The Total Wellness Program (TWP) offers a diverse range of therapeutic approaches to assist those struggling to manage their mental health. We will provide a variety of different activities but with a stable, consistent structure for participants to safely work on their difficulties.

- Runs on Tuesdays during the day.
- The program is open, meaning there is no start or finish date.
- Participants can attend in a flexible way that suits lifestyle and therapy needs (e.g. fortnightly rather than once a week).
- The program runs from 9.30am – 3.00pm.
- Light refreshments and lunch are provided. At lunch, participants have the choice of accessing a hot meal in the hospital dining room or a sandwich in the Day Program dining room.
- Inpatients are able to attend the week prior to discharge as part of their transition into the community.

Content

The TWP is facilitated by a wide variety of disciplines, involving Psychologists, Social Work, Dietician, Exercise Physiologist, Consumer Consultant, and so on.

Interventions include cognitive behavioural therapy (CBT), dialectic behavioural therapy (DBT), schema therapy, mindfulness, exercise sessions, dietetic information and more.

Reasons people might attend TWP

- To provide structure and routine to the week, particularly following discharge from hospital
- To receive peer support from others who face similar challenges and barriers
- To begin therapy and learn skills while waiting for a closed program to start
- To continue with support for growth and recovery following the completion of a closed program
- To learn about groups and therapies offered at The Victoria Clinic Day Program
- To work on specific goals relating to health and wellness.

Individual Review and Goal Setting

TWP facilitators aim to meet with you to discuss your goals for attending and any plans for other groups at The Victoria Clinic.

If you have not had a review and you would like to discuss any element of your treatment through TWP or other programs, please speak with your facilitator.

