

Psychiatrists

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Psychiatrists *cont.*

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Psychiatrists *cont.*

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Dr Atima Saxena
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Dr Carolyn Ward
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Inpatient Programs

- General Inpatient Treatment
- EMDR Program
- Electro-convulsive Therapy (ECT)
- Anxiety and Depression Inpatient program (ADP)
- Schema Inpatient Program for Complex Trauma
- Transcranial Magnetic Stimulation (TMS)

Outpatient Day Programs

- Dialectical Behaviour Therapy (DBT)
- Total Wellness Program (TWP)
- Cognitive Behaviour Therapy (CBT)
- Schema Therapy
- Mindfulness
- Mindfulness Based Cognitive Therapy
- Mindful Compassion Therapy
- Acceptance and Commitment Therapy (ACT)
- Art Therapy

To Join a Program: You will need a referral from one of our accredited psychiatrists. Private health insurance is recommended to cover costs. Contact us on 03 9526 0295 to find out more.

Specialist Inpatient Groups

Schema Inpatient Program for Complex Trauma	<p>Complex trauma is a condition that develops due to abuse or neglect during childhood or adolescence. Trauma related schemas, or patterns of behaviour, can develop which maintain life problems and psychological distress. This four week inpatient program will help participants understand how their unhealthy schemas have developed. They will learn new ways of managing symptoms and develop healthier self-esteem by treating schema driven negative thoughts. There is a 3 month day program which follows the intensive inpatient stay, where patients consolidate the skills they have learnt.</p>
Anxiety and Depression Program (ADP)	<p>This inpatient program helps people manage symptoms associated with anxiety or depression using Cognitive Behavioural Therapy. The program gives participants the opportunity to learn skills and get control of their symptoms. Participants learn how to identify unhelpful thoughts and behaviours that perpetuate anxiety and depression, then replace them with new, healthy, ones. The program also includes relaxation, mindfulness and stress reduction techniques, plus healthy lifestyle strategies.</p>

Inpatient Referral Process - For Admission

Phone Intake on 9526 0258



Intake Clinician will require:

Clinician will require full patient details, clinical history and insurance details



Referrals for Admission

Intake clinician will contact duty psychiatrist, registrar or manager of specialist program to discuss referral



Intake clinician will contact patient

to obtain additional information and inform patient of health fund details



Intake clinician will discuss with referrer

Suitability of referral according to entry criteria of program
Patient's health insurance status



If admission criteria is met and psychiatrist has accepted the referral

the referring doctor will receive confirmation of patient admission



Following patient discharge, a medical discharge summary will be sent to the referrer

Outpatient Referral Process - For Psychiatrist

Fax referral letter to 03 9270 0364

to make an appointment with a Psychiatrist.
Address referral to "Dear Doctor" at The Victoria Clinic Consulting Suites.



Referrals should include:

Full patient details, current issues and clinical history



If you would like to discuss the referral further please call our consulting suites on 9521 2733. If there is no answer, please leave a message and your call will be returned.



The Psychiatrist secretary

will contact the patient with the appointment details

*Following the appointment a letter will be sent to the referring doctor

Admissions & Enquiries

Phone: 03 9526 0258 | Fax: 03 9521 7510 | 24 HOURS / 7 DAYS