



General Inpatient Therapy Program

Information for patients, carers, family and support persons



The Victoria
Clinic
by Healthscope

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Community
of Care



The Victoria Clinic
by Healthscope

At The Victoria Clinic (TVC), our key aim is to support you in your treatment and recovery. Alongside the care you receive from your doctor and the nurses, a cornerstone of our therapeutic intervention is the Inpatient Therapy Program.

This program offers patients the opportunity to learn and practise new skills, discuss issues relevant to mental health, receive information, learn from others, enjoy creative activities, get some exercise and more.

The Inpatient Therapy Program includes:

- Group sessions
- Individual sessions
- Ways to Wellness Workbooks

Group Therapy Sessions

At The Victoria Clinic we provide a comprehensive therapeutic group program.

Educational/Informative Groups

These groups provide information about specific diagnoses (i.e., anxiety disorders, depression, personality disorders, etc.) or specific therapies (i.e., CBT, DBT, ACT, Schema Therapy). During these groups, an Allied Health practitioner will give you detailed information about these topics, as well as being able to answer your questions. These groups aim to inform you and increase your knowledge.

Skills/Sensory Modulation Groups

In these groups, a specific skill is taught and then practiced. For example, mindfulness, self-soothing, grounding, assertiveness, exposure, thought challenging, etc. Information will be given about the skill but these groups tend to be more experiential. This allows you to try the technique and get direct feedback from an Allied Health practitioner. The aim of these groups is to arm you with skills to better manage difficult thoughts and emotions.

Discussion/Support Groups

These groups operate in a more supportive therapy style and the role of the Allied Health practitioner is to facilitate a discussion between clients. This allows you to hear other's experiences and process your own experiences in a non-judgemental forum. Topics might include what is like to live with a specific diagnosis, dealing with stigma, grief or understanding emotions. The aim is to empower patients to speak from their experiences and support each other in their shared experience.

Individual Therapy Sessions

We offer a range of sessions with an Allied Health Practitioner on referral by your doctor which can include psychologists, social worker, occupational therapist, dietitian, exercise physiologist and a neuropsychologist.

Ways to Wellness Workbook

The Ways to Wellness Workbooks have been co-produced by consumers and Allied Health. They will assist you to take responsibility for your own recovery by providing you with information, resources and activities which you can access in your own time.

These workbooks provide:

- Inspirational stories written by consumers who have worked on their recoveries
- Practical knowledge about care and services available
- Psycho-educational information on mental health and recovery
- Workbook exercises and recovery tools
- Resources for post-discharge

We also offer

- Lifestyle therapy sessions including nutrition and exercise/movement based groups
- Art therapy sessions that provide you a unique non verbal way to process experiences and feelings and can assist and support your recovery