



Creative Mindfulness

Outpatient program




The Victoria
Clinic
by Healthscope

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are not actual patients of The Victoria Clinic.

Community
of Care

 The Victoria Clinic
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Mindfulness can be defined as “the awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally” (Kabat-Zinn, 1990).

By fostering this awareness with an accepting attitude, this in turn leads to a greater understanding of one’s emotions and our internal world. Once we have more awareness of our internal experience, we can use this information to guide us in managing our mood and related behaviours.

Therapies based in mindfulness have been well-documented to show a reduction in mental health symptoms, a reduction in impulsive and/or unhelpful behaviours, and an improvement in well-being and quality of life.

Our intention with this program is to teach mindfulness in a way which is accessible for everyone. The program will be facilitated by both a psychologist and an art therapist, and will incorporate art therapy and other experiential techniques to explore these concepts.

Aims

The Creative Mindfulness program is designed for participants to learn and experience the concepts of mindfulness.

Content

This program will cover both the theoretical and practical aspects of mindfulness. It will do this through exploratory discussions, experiential exercises and via the creative process of art-making.

Structure

This program has a 12 week cycle.

When

This group runs on a Friday and is a full day.

Referral process

To apply for the program, your doctor will need to send a referral to intake at The Victoria Clinic. Once this has been received, you will be placed on a waitlist for the next available program.

You will be contacted by a member of the Day Program team to do an assessment for suitability and readiness, as well as answer any questions you have about the program.

Please contact The Victoria Clinic intake on 03 9526 0295 for questions about referrals or to discuss the requirements of the program.