

Creative Mindfulness

Outpatient program



The Victoria
Clinic
by Healthscope

324 Malvern Rd,
Prahran VIC 3181

P 03 9526 0200 | F 03 9521 7510

thevictoriaclinic.com.au

ABN 85 006 405 152



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People shown in photographs in this brochure
are not actual patients of The Victoria Clinic.

Community
of Care



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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.

As well as formal mindfulness training, the program uses varied art therapy exercises to help explore and nurture qualities of compassion, self-soothing, kindness to self, acceptance, play and curiosity.

How will it help me?

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

What does the program look like?

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.

The Victoria Clinic’s Creative Mindfulness Program runs over an 8-week cycle. Participants attend full day group sessions on Fridays with morning tea and lunch provided.

How is the program funded?

We have agreements with private health funds, DVA, WorkCover and the TAC. Self-funding is also an option. All referrals are subject to a health fund check prior to program admission.

We are happy to answer any questions about costs. Please call us on **03 9526 0295** to discuss your options.

How do I access the program?

You will need to ask your GP for a referral to a psychiatrist accredited with The Victoria Clinic. If you do not have a psychiatrist, we can arrange this for you.

Once we receive your referral, a Day Program team member will contact you to arrange an assessment to determine your eligibility and readiness for the Creative Mindfulness program.

Like more information?

Please contact The Victoria Clinic intake team on 03 9526 0295 if you have any questions.