

Psychiatrists

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Psychiatrists (Cont.)

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Dr Carolyn Ward

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Inpatient Programs

- Emotional Management Program (EMP)
- Electro-convulsive Therapy (ECT)
- Eye Movement Desensitisation and Reprocessing (EMDR) Program
- General Inpatient Treatment
- Schema Inpatient Program for Complex Trauma
- Transcranial Magnetic Stimulation (TMS)

Outpatient Day programs

- Acceptance and Commitment Therapy (ACT)
- Cognitive Behaviour Therapy (CBT) in Action
- Creative Mindfulness
- Dialectical Behaviour Therapy (DBT)
- Schema Therapy

To join a program

Patients will need a referral from a GP. Private health insurance is recommended to cover costs.
Contact us on 03 9526 0258 to find out more.

The Victoria Clinic

324 Malvern Road, Prahran VIC 3181 | P 03 9526 0200 | F 03 9526 0222 | thevictoriaclinic.com.au

ABN 85 006 405 152

Specialist Inpatient Groups

Emotion Management Program (EMP)	<p>The Emotion Management Program (EMP) is a four-week adult inpatient program designed to help people develop skills to manage intense emotions and cope with relationship difficulties. The treatment approach draws from the therapeutic principles of Dialectical Behaviour Therapy (DBT). Education sessions focus on enhancing skills in: Emotion Regulation, Distress Tolerance, and Mindfulness. Twice weekly individual support sessions are also provided. EMP is most suitable for people who experience difficulty managing emotions and coping with periods of distress. These difficulties may be impacting on their quality of life, relationships, and self-worth. The program can also assist with impulsive, suicidal or self-harming behaviours by presenting alternative coping strategies.</p>
Eye Movement Desensitisation and Reprocessing (EMDR)	<p>EMDR is an evidence-based and effective psychotherapy in the treatment of post-traumatic stress disorder (PTSD) as well as anxiety and depression. It utilises bilateral stimulation such as eye movements to activate adaptive information processing in the brain so that traumatic or distressing memories become more distant; emotional distress is reduced; and more adaptive cognitions or beliefs emerge. The four week inpatient program is suitable for individuals who experience distress associated with upsetting or traumatic events in the past; and who would benefit from having inpatient support while engaging in the reprocessing of these events. A group program is delivered alongside individual EMDR sessions to build patients' capacity to tolerate distress and regulate their emotions.</p>
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 day program which follows the intensive inpatient stay, where patients consolidate the skills they have learnt.</p>

Inpatient Referral Process - For Admission

- 1 **Phone Intake on 03 9526 0258 or fax referral to 03 9521 7510**
- 2 **Intake Clinician will require:**
Full patient details, a clinical history and insurance details
- 3 **Referrals for Admission**
Intake clinician will contact the psychiatrist, registrar or manager of specialist program to discuss referral
- 4 **Intake clinician will contact patient**
to obtain additional information and inform patient of health fund details
- 5 **Intake clinician will discuss with referrer**
Suitability of referral according to entry criteria of the program and the Patient's health insurance status
- 6 **If admission criteria is met and the psychiatrist has accepted the referral**
the referring doctor will receive confirmation of the patient's admission
- 7 **Following patient discharge, a medical discharge summary will be sent to the referrer**

Outpatient Referral Process - For Psychiatrist

- 1 **Fax referral letter to 03 9521 2799**
To make an appointment with a Psychiatrist. Address referral to "Dear Doctor" at The Victoria Clinic Consulting Suites.
- 2 **Referrals should include:**
Full patient details, current issues, clinical history and current medications
- 3 **If you would like to discuss the referral further**
please call our consulting suites on 03 9526 0244. If there is no answer, please leave a message and your call will be returned.
- 4 **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

P 03 9526 0258 | F 03 9521 7510 | 24 hours, 7 days
The Victoria Clinic accepts and encourages direct referrals from GPs.