

Creative Therapies for Mood Disorders

Providing resources, education and clinical support to enhance mental health and wellbeing.

Who is the program for?

Individuals interested in discovering how art making can be used as a reflective and therapeutic tool to support mental health and wellbeing. No previous experience with art making is required and patients do not need to describe themselves as artistic or creative to participate. This program may be useful in exploring individual emotional and psychological needs.

Program Content

- Using art and creativity to explore a range of themes
- Using art as a way to explore inner and outer psychological worlds
- Using art as a tool of personal development, insight and psychoeducation
- Mindful art making to increase self-awareness.
- Using art as a tool for creative expression and social connections
- Develop a creative identity through expressive techniques and processes
- Gain awareness of the healing power of making art in the presence and support of others
- Develop a sense of community and belonging through shared creative experiences

Belmont
Private Hospital

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About the program

This expressive arts program is less about skills and techniques but rather focuses on creativity as self-expression in a therapeutic space. Participants are guided through an experiential, reflective process to gain self-awareness and personal insight. Each week participants process a personal theme by creating response artwork. Group members explore personal and emotional issues by creating and reflecting on art. Within a supportive community, participants will experience the therapeutic benefits of creative expression to improve wellbeing and mental health.

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When is it held?

Every Monday from 9:15am - 3:00pm, over 12 weeks. Morning tea and lunch is provided.

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How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Belmont Private Hospital.

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How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Belmont Private Hospital.

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