

Program Summary Flyer

Belmont Private Hospital provides comprehensive and intensive treatment programs for a wide range of mental health concerns. An experienced team of mental health professionals facilitate our programs, and patient attendance is under the care of their admitting Psychiatrist.

Program R.E.A.C.H. Bipolar and Depression
Day and Time Tuesday 9:15am – 3:00pm
Duration 6 weeks

This program has been developed by the Black Dog Institute for people living with depression or bipolar disorder. It is based on the principles of Responsibility, Education, Acceptance, Connection and Hope and is designed to help patients manage their illness and stay well.

Program Towards Parenthood Program
Day and Time Thursday 6:00pm – 9:00pm
Duration 6 weeks

This program is for all expecting couples who wish to prepare for the emotional, social and psychological adjustments to parenthood. It also aims to strengthen the couple's relationship between parents and infants. Skills in coping, problem solving, enhancing self-esteem, assertive communication and bonding with your baby are presented.

Program Trauma and Dissociation
Day and Time Tuesday 9:15am – 3:00pm
Duration Ongoing

Designed for patients managing significant and often complex past abuse and trauma issues, this skill based program emphasises personal responsibility and patients' active involvement in their own treatment. It also aims to facilitate a sense of safety and security and encourage a sense of empowerment to work constructively towards therapeutic goals.

Program Triple P – Positive Parenting
Day and Time Friday, Tuesday and Friday
9:15am – 3:00pm
Duration 3 days

As part of the BCPND Day Program, Triple P is a parenting and family support strategy for parents who want to have a positive relationship with their child and who lack confidence in their parenting skills or feel challenged at times. Founded on over 30 years of research, this program aims to prevent severe behavioural, emotional and developmental problems in children by enhancing the knowledge, skills and confidence of parents.

Program Young @ Heart
Day and Time Tuesday 9:15am – 3:00pm
Duration 6 weeks

This program is run by a multidisciplinary treatment team and is aimed at assisting mature aged patients wishing to stay mentally and physically healthy while improving quality of life and engaging with groups and services in the community. The program combines evidence based interventions such as Cognitive Behaviour Therapy (CBT), Acceptance and Commitment Therapy (ACT) and other strength based therapies.

Day Programs

- Acceptance and Commitment Therapy (ACT)
- Addictions First Step
- BCPND Cognitive Behavioural Therapy (CBT)
- Circle of Security Parenting Day and Evening options
- Cognitive Behavioural Therapy (CBT) Day and Evening options
- Cognitive Behavioural Therapy (CBT) for the workplace
- Creative Therapies for Mood Disorders
- Dealing with Distress
- Dialectical Behaviour Therapy (DBT) Day and Evening options
- Dialectical Behaviour Therapy (DBT) for young adults
- Exercise for Mental Health
- Healthy Minds
- Project Art
- R.E.A.C.H. Bipolar and Depression
- Towards Parenthood Program
- Trauma and Dissociation
- Triple P – Positive Parenting
- Young @ Heart

Evening Programs

- BCPND Parenting Support Group
- Circle of Security Parenting
- Cognitive Behavioural Therapy (CBT)
- Dialectical Behaviour Therapy (DBT)

Follow Up Programs

- Addictions Recovery
- Applied ACT
- BCPND Cognitive Behavioural Therapy (CBT)
- BCPND Masterclass
- Circle of Security Parenting
- Cognitive Behavioural Therapy (CBT) Day
- Cognitive Behavioural Therapy (CBT) Afternoon
- Cognitive Behavioural Therapy (CBT) Evening
- Cognitive Behavioural Therapy (CBT) Masterclass
- Cognitive Behavioural Therapy (CBT) Saturday
- Dialectical Behaviour Therapy (DBT)

Further Information

Please contact Belmont Therapy Programs:
T: 07 3398 0270 F: 07 3398 3105
E: btp@healthcare.com.au

Program Acceptance and Commitment Therapy (ACT)
Day and Time Friday 9:15am – 3:00pm
or Thursday 6:15pm – 9:30pm
Duration 6 weeks

Designed for patients recovering from a mental illness such as anxiety, bipolar disorder or depression and based on the principle of accepting what is out of one's personal control while committing to action to enrich one's life. It aims for individuals to learn to handle painful thoughts and feelings in such a way to have less impact and influence, and to clarify what is truly important and meaningful.

Program Addictions First Step
Day and Time Tuesday 9:15am – 3:00pm
Duration 8 weeks

This DVA approved program is run by a multidisciplinary treatment team and aims to assist patients diagnosed with both substance use and other mental health disorders to better manage their moods and change addictive behaviours. It combines evidence based interventions such as Cognitive Behaviour Therapy (CBT), relapse prevention and motivational enhancement, and requires patients to be stable and able to attend on a regular basis.

Program Addictions Recovery
Day and Time Wednesday 9:15am – 12:30pm
Duration Ongoing

A follow up program for patients who have attended Addictions First Step and wish to focus more intensely on specific topics of interest while maintaining ongoing support for themselves to refresh their skills in a supportive group atmosphere. It reviews core Cognitive Behaviour Therapy (CBT) skills, relapse prevention and motivational enhancement.

Program Applied ACT
Day and Time Friday 9:15am – 12:30pm
or Wednesday 12:45pm – 4:00pm
Duration Ongoing

For patients who have previously attended Acceptance and Commitment Therapy (ACT) and now wish to focus more on the application of skills to specific topics of interest while maintaining ongoing support for themselves. It aims to assist individuals to better understand their difficulties from an ACT perspective, and participants gain a deeper understanding of the positive impact ACT skills can have on all aspects of their life.

Belmont Private Hospital

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Program Creative Therapies for Mood Disorders
Day and Time Monday 9:15am – 3:00pm
or Wednesday 5:45pm - 8:30pm
Duration 12 weeks

Run by a multidisciplinary treatment team this program is particularly appropriate for patients who enjoy creative expression and using art to work through emotional and psychological issues. The program is also for people who find it easier to engage with others in more structured sessions and for those with art experience, more advanced techniques can be learned.

Program BCPND Cognitive Behavioural Therapy (CBT)
Day and Time Tuesday and Friday 9:15am – 3:00pm
Duration 6 weeks

Designed for women who are suffering emotional or psychological difficulties associated during pregnancy or in the postnatal period such as depression or adjustment problems. This program is based on the principles of CBT and aims to build confidence and self esteem, and assist with the development of skills and strategies for coping and managing emotions.

Program BCPND Cognitive Behavioural Therapy (CBT) Follow Up
Day and Time Wednesday and Thursday 9:15am – 12:30pm
Duration 6 weeks

Designed for women who have attended the BCPND CBT Program, and are experiencing emotional or psychological difficulties through pregnancy or after the birth of their child. It is based on the principles of CBT and has been developed from current research into postnatal disorders and international standards of treatment for these disorders. The program offers ongoing support for mothers who are able to bring their baby with them and share with other mothers.

Program BCPND Parenting Support Evening Group
Day and Time Tuesday 6:15pm – 9:30pm
Duration Monthly

This research based program is for parents who want to benefit from updating and improving their parenting skills and gain a greater confidence in promoting a positive relationship with their children. It also provides parents with practical advice to help manage their child's own specific behavioural and emotional problems, and is available to patients that have attended the BCPND Triple P Program and/or Circle of Security Parenting program.

Program BCPND Masterclass
Day and Time Thursday 9:15am – 3:00pm
Duration 4 weeks

This masterclass is designed for parents who have attended the BCPND CBT program and now wish to focus more intensely on specific topics of interest while maintaining ongoing support for themselves. Some topics include

Self-Compassion, Managing Technology Habits, and Introduction to Schemas.

Program Circle of Security Parenting
Day and Time Monday – Alternating between Day and Evening group
Duration Please contact BCPND to confirm dates and times

Based on more than forty years of research, this program is suitable for families in which children are easily distressed and unsettled, where the parent is experiencing anxiety about the relationship or where families are concerned about their child's behaviour. It encourages parents to use a reflective approach to ensure they fully discover, understand and learn how to interact with their children in a more positive and healthy manner.

Program Cognitive Behavioural Therapy (CBT)
Day and Time Monday to Friday (Day) 9:15am – 3:00pm
Duration 3 weeks
Day and Time Monday and Thursday (Evening) 6:15pm – 9:30pm
Duration 6 weeks

Designed for patients who suffer from depression, anxiety or stress and want to identify, understand and change unhelpful patterns of thinking which may be negatively affecting their day-to-day lives. Run by a multidisciplinary treatment team, Cognitive Behaviour Therapy (CBT) deals with the 'here and now' - how patients' current thoughts and behaviours are affecting them now. This program is DVA approved.

Program Cognitive Behavioural Therapy (CBT) for the Workplace
Day and Time Tuesday and Thursday 12:45pm – 4:00pm
Duration 4 weeks

Developed for people who have a psychological injury from the workplace, this program is designed to provide a safe treatment setting for participants. Sessions implement skills and techniques to help manage the effects of living with a work related psychological injury more effectively, understand its impact on one's self and others, as well as encouraging a return to work.

Program Cognitive Behavioural Therapy (CBT) Follow Up
Day and Time Wednesday (Day) 9:15am – 12:30pm
Thursday (Afternoon) 12:45pm – 4:00pm
Saturday (Day) 9:15am – 3:00pm
Duration Ongoing

This follow up day program is run by a multidisciplinary treatment team and is for patients who have attended the Cognitive Behaviour Therapy Inpatient, Day or Evening program and wish to maintain or refresh their skills in a supportive group environment. Patients attending this program are offered sessions focused on a particular topic each time.

Program Cognitive Behavioural Therapy (CBT) Masterclass
Day and Time Wednesday 6:15pm – 9:30pm
Duration 4 week blocks

This Masterclass is designed for patients who have previously attended the CBT Day or Evening programs (or the Inpatient CBT program plus two months of follow up), and now wish to focus more intensely on specific topics of interest while maintaining ongoing support for themselves. It focuses on practicing CBT skills, both in sessions and with homework exercises, in order to develop proficiency in regularly utilising these skills in everyday life.

Program Creative Therapies for Mood Disorders Follow Up Behavioural Therapy (CBT) Masterclass
Day and Time Tuesday 9:15am – 12:30pm
Duration 12 weeks

This follow up program is for patients who have attended the Creative Therapies for Mood Disorders program and wish to focus more intensely on specific topics of interest while maintaining ongoing support for themselves. This will benefit patients who enjoy creative expression and find it helps them to improve their mental health.

Program Dealing with Distress
Day and Time Monday, Wednesday or Friday 9:15am – 3:00pm
Duration 12 weeks

Skill based program assists patients diagnosed with Borderline Personality Disorder or intense, unstable mood states, self harm and unstable relationships to tolerate intense feelings, and learn to manage behaviours often associated with Borderline Personality Disorder. It is based on Dialectical Behaviour Therapy (DBT) principles and combines standard Cognitive Behavioural techniques for emotion regulation and reality testing with concepts of mindful awareness, distress tolerance and acceptance.

Program Dialectical Behaviour Therapy (DBT)
Day and Time Tuesday and Thursday (Day) 9:15am – 12:30pm
Monday (Evening) 6:15pm – 9:30pm
Wednesday (Day) 9:15am – 3:00pm
Friday (Day) 9:15am – 3:00pm
Duration 6 months

Run by a multidisciplinary treatment team, this skill based program assists patients to tolerate intense feelings and learn to manage self harming behaviours often associated with Borderline Personality Disorder. Dialectical Behaviour Therapy (DBT) requires a strong commitment to therapy and can be used to help people who experience symptoms of impulsivity, frequent interpersonal conflict, difficulty with emotional regulation, anger and poor coping in stressful situations.

Program Dialectical Behaviour Therapy (DBT) Follow Up
Day and Time Monday 9:15am – 12:30pm
Duration 3 months

Run by a multidisciplinary treatment team, this program is for patients who have attended the Dialectical Behaviour Therapy (DBT) program and wish to maintain or refresh their DBT skills.

Program Dialectical Behaviour Therapy (DBT) For Young Adults
Day and Time Thursday 12:45pm -4:00pm
Duration 12 weeks

This skills based program assists young adults aged 18 – 25 years old with Borderline Personality Disorder or intense, unstable mood states, self-harm and unstable relationships to tolerate intense feelings, and learn to manage behaviours often associated with Borderline Personality Disorder. It is based on DBT principles and combines standard CBT techniques for emotion regulation and reality testing with concepts of mindful awareness, distress tolerance and acceptance.

Program Exercise for Mental Health
Day and Time Monday 9:15am – 3:00pm
Duration 5 weeks

This group program promotes healthy living and aims to help patients integrate aspects of both psychological and physical recovery. It focuses on topics such as nutrition, diet, exercise, balanced lifestyle, motivation, goal setting and mindfulness.

Program Healthy Minds
Day and Time Thursday 9:15am – 3:00pm
Duration 12 weeks

Designed for people aged over 50 experiencing adjustment difficulties, depression, anxiety or early signs of memory loss and cognitive changes. Patients focus on age related issues including brain training exercises, creating a healthy balanced lifestyle through mental and physical activities, healthy eating and social activities. The program runs continually and patients are able to join at any time.

Program Project Art
Day and Time Thursday 9:15am – 3:00pm
Duration 12 weeks

This program is particularly appropriate for patients who enjoy creative expression and would like to improve their confidence using a variety of art materials or who may be unsure of their creative abilities, but are interested in trying a variety of structured art projects. It is also designed for people who would like to engage in creative self expression for personal development and explore emotional and psychological issues.