



Outpatient Programs

To reserve your place contact Keryn Rogers on (07) 3881 7222

MONDAY - ASTOP – Anxiety, Stress & Trauma Outpatient Program 9:15am –3:30pm.

What is it?

The program will address four main issues.

- What is anxiety?
- How does it develop?
- How is it maintained? And
- How do I gain more control over it?

Each day includes:

- Information sessions
- Practical workshops
- Process group
- Body-awareness, relaxation & meditation
- Yoga

This is an open program and can be commenced at any time to help maintain recovery.
This program is facilitated a psychologist & a registered mental health nurse

TUESDAY – Mindfulness Outpatient Program

9.00am – 3.00pm

What is in it?

The program aims to develop psychological flexibility and assist you to live a full, rich and meaningful life. In practicing mindfulness you will learn:

- To appreciate the present moment
- To cope with unpleasant thoughts and feelings
- To become more connected to yourself, others and the world around you
- To develop self-acceptance and self-compassion

Each day includes:

- Information sessions informed by Acceptance and Commitment therapy
- Workshop activities
- Practice of brief and long meditation exercises

The program is a skilled-based closed program that commences 4 times per year.
This program is facilitated a psychologist & a registered mental health nurse

WEDNESDAY – Women’s Outpatient Program

9:00am –3:00pm.

What is it?

This program provides a safe and unique space to seek support and explore issues relevant to women and mental health/substance dependency. The focus is on effectively managing emotions and interpersonal relationships, and promotes self-understanding and therapeutic growth. Some of the topics include grief and loss, anger, self-esteem, assertiveness, relationships, change, self-awareness, inner child work, anxiety, and boundaries.

This open program can be commenced at any time.
It is facilitated by a psychologist & a registered mental health nurse

THURSDAY- Dependence Outpatient Program

9:00am –2:30pm.

What is it?

This program is for individuals seeking to remain abstinent from chemical addictions and/or gambling. Each session includes:

- **Debrief** – Group therapy session in which each individual is given the opportunity to discuss their recovery journey and to receive feedback and support from other group members
- **Professor John Saunders** - Education session exploring the biological, psychological, and social aspects of addiction and recovery
- **Afternoon workshop** – Interactive session focussed on building and maintaining skills for remaining sober, and exploring/resolving the ‘underlying issues’ that fuel addictive disorders

The program is open and that can be commenced at any time.
It is facilitated by Professor John Saunders, a psychologist & a registered mental health nurse

www.pineriversprivate.com.au

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