

REFERRAL TO GROUP THERAPY SESSIONS AT MIND CONNECTIONS SPECIALIST HEALTH SERVICES.

1. Your GP, Nurse Practitioner or Treating Psychiatrist may refer you to Group therapy sessions at Mind Connections Specialist Health Services.
2. Your Participation in Group Therapy is independent of individual sessions.

The Mind Connections Specialist Health Services Group Therapy program comprises two Group therapy components.

1. R.E.A.C.H – a manual-based program developed by BlackDog Institute
2. The Mindful Skills for Everyday Life.

R.E.A.C.H Group Therapy Program:

R.E.A.C.H is a ten-week psycho-educational group therapy program that fosters well-being for people with Depression, Bipolar disorder, developed by Black Dog Institute.

Since 2012, the program has been conducted by psychologist Robert Craig. The program is delivered twice/a year and has consistently proven successful. So far, more than 200 patients benefitted from the program.

The topics consists of

- R** - responsibility,
- E** - education,
- A** - acceptance,
- C** - connection, and
- H** - Hope.

Topics include fostering strengths, dealing with loss and grief, identifying early warning signs and triggers, promoting well-being strategies, and nurturing support networks. Each participant will create a unique and personalised Well-being Plan for keep-sake at the end of the program.

The Mindful Skills for Everyday Life Group Therapy Program:

This thought-provoking, stimulating, Psycho-educational program addressing many aspects of Mindfulness allows the participants to focus on developing healthy coping skills. The program runs in parallel with the R.E.A.C.H program for ten weeks.

The therapy program was adopted from “7 Magic Minutes for Today,” a book published by Dr Padmini Howpage.

The program addresses the relationship between Body and Mind, Conscious and unconscious thought processes, and aspects of human evolution related to flight, fight and freeze response.

The topic consists of

- Mindful Breathing,
- Mindful Listening,
- Mindful activities,
- Non-judgemental Awareness,
- Generosity,
- Loving Kindness and Compassion, and
- Healthy Relationships.

Participating in the Mindful Breathing sessions has been a transformative experience for me. I used to feel overwhelmed by stress, but now, taking a few moments each day to focus on my breath helps me stay calm and centred. It's amazing how something so simple can make such a big difference.-

Graham, Accountant, 62 years

Learning about my well-being with other's assistance in REACH group therapy has been incredibly freeing and validated my self-worth. I used to be very critical of myself and others, which only added to my stress. Now, I approach situations with an open mind and curiosity. This shift has brought more peace and improved relationships into my life.

Lisa, HR Manager, 32 years

"The Mindful sessions on Generosity and Compassion have opened my heart in ways I didn't think possible. Practising kindness and understanding towards others and myself has enriched my relationships and brought a more profound sense of fulfilment to my life. I feel more connected and empathetic than ever before.

Ashlea, University student, 19 years

"Learning to pay attention to my daily routine during REACH sessions changed my habits and how I prioritise tasks. I used to be on autopilot, often feeling disconnected and unsatisfied. Now, I truly appreciate what I have achieved with satisfaction. It's been a powerful technique that saved me from being unhappy.

William, Building Manager, 49 years

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