








**The Darwin
Clinic**
by Darwin Private Hospital
a Healthscope Hospital

-  08 8982 6700
-  08 8982 6799
-  Darwin Private Hospital, Rocklands Drive, Tiwi
-  www.darwinprivatehospital.com.au



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Mindfulness Based Cognitive Therapy Program

Day Program information for
patients, carers, family
and support persons


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About the Program:

Mindfulness is a process of raising awareness to 'what is' so life can be experienced with acceptance and non-judgement.

1. Learning to focus your attention to the present moment.
2. Controlling automatic thoughts and negative emotions.
3. 'Witnessing' the experiences with the ability to appreciate the moment becomes more apparent. Mindfulness may lead to significant stress reduction, enhanced immune system response and effective illness management

Groups will be facilitated by mental health trained professionals (Psychologists, Occupational Therapists, Social Workers and Mental health trained Nurses).

This 6 week program runs once a week for 3 hours from 10am.

Cost

All referrals are subject to a health fund check prior to admission or commencing a program.

We have agreements with Private Health Funds, DVA, ADF, Workcover and MAC.

Self-funding is also an option.

Our Patient Services Staff will be pleased to answer any questions you may have in relation to cost.

Referral / Admission

To be admitted to our programs, you will need to ask your General Practitioner for a referral to The Darwin Clinic to one of our accredited psychiatrists.

Admission, therapy and care is under the supervision of the attending psychiatrist.

Treatment and care options are negotiated with the individual and is dependent on their mental health requirements

For further details, please contact The Darwin Clinic on 08 8982 6700.