

Creative Therapies

Providing resources, education and clinical support to enhance creativity, expression and well-being.



Who is the program for?

Individuals who have a diagnosis of a mood disorder, anxiety disorder or an addictive disorder and find creative activities beneficial. Individuals who have an interest in finding new ways to express oneself and explore problems creatively are encouraged to attend this program. It is not necessary to have any art skills to participate.

Program content

- Mindful art
- Defining your goals
- Expressing emotions
- Challenging perfectionism
- Values clarification
- Honouring self-care
- Practicing gratitude
- Coping with stress

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About the program

This half-day group program is designed to provide a way to express oneself through a range of different art activities and mediums. Creative Therapies engages a range of senses rather than relying solely on talking therapies. Art therapy can lead to enhanced well-being and increased self-awareness as well as discovering new perspectives and improve problem solving.

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When is it held?

One day a week over twelve (12) weeks as detailed below. Morning tea is provided.

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|------------------|--------------------------|
| 8:30am – 9:00am | Registration and sign-in |
| 9:00am – 12:00pm | Group program |

Check our website for the current timetable.

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How to join

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

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How much does it cost?

Participants are admitted as a day patient and as such, can claim attendance via their health fund. We ask that participants confirm any applicable out of pocket or gap costs directly with South Coast Private Hospital.

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Further information

For information on this program please contact the South Coast Private Hospital Day Programs Team

T: 02 4286 6847

E: sco.dayprograms@healthcare.com.au

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South Coast
Private Hospital