

# Psychodynamic Therapy

This group offers an environment for you to explore and develop insight into your emotions, thoughts, early life experiences, family of origin and beliefs, (conscious and unconscious). It aims to increase your understanding and awareness of how past relationships, and experiences can affect current behaviour patterns and distress levels, while fostering new healthy behaviours and more resilient ways of being.

## Where is it held?

The program is held at Toronto Therapy Services, Toronto Private Hospital.

## When is it held?

This program runs for three hours once a week. Please contact us on 1800 311 470 for the day and time of this program.

## How do I join?

Let your doctor, nurse or therapist know you are interested in attending, or attend the weekly Toronto Therapy Service Information Session. Alternatively your GP or Psychiatrist can refer you to our service.

## Will I have to pay?

We can do a fund check to see if you have any out of pockets. If your insurance fund is covering the cost of your hospital admission then it will usually cover the cost of attending all TTS programs.

## Who is the program for?

It is preferred that you have completed a prior, more skills based group at TTS before commencing this group.

## Program content

This is an unstructured group. It is an environment for you to reflect on, and gain feedback about how you interact and relate to people in your life, so that you may enhance the way you cope or relate to others improving your well being. The duration of the group is variable but generally we recommend attending for a minimum of 6 months.

**For further information, contact the  
Toronto Therapy Services on  
1800 311 470 or visit  
[www.torontoprivate.com.au](http://www.torontoprivate.com.au)**