

# Toronto Therapy Services (TTS)

## INFORMATION BROCHURE

### Referrals

Those wishing to access Toronto Therapy Services must have a referral from their GP. Once our team receive the GP referral we book the client in for an assessment with our Psychiatrist, to determine the program most suitable to their needs. The client will need private health cover, DVA or Workers Compensation to cover the cost of attendance. Quotes are available for clients wishing to self fund.

For more information, call:  
1800 311 470 or 02 4956 0115

Referrals can be faxed to:  
02 4956 0183

Referrals can be emailed to:  
[referrals.toronto@healthcare.com.au](mailto:referrals.toronto@healthcare.com.au)



## Toronto Private Hospital

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## Toronto Private Hospital

a member of the [healthcare](http://healthcare.com.au) group

**Toronto Private Hospital**, ideally situated in the Lake Macquarie town of Toronto, is a sub-acute facility with 105 beds including services for rehabilitation, medical, palliative care and mental health. Both inpatient and day programs are offered cross a variety of specialties.

Toronto Therapy Services is the longest established Mental Health Day Program Unit in the Hunter area and provides Mental Health Day Programs that patients can attend on a weekly basis. The programs are run by an experienced team of qualified therapists, led by a Psychiatrist. The Mental Health Day Programs are suitable for patients leaving an inpatient mental health facility to provide them with ongoing support as well as patients who require mental health support who are unable to stay as an inpatient.

## Day Programs

Toronto Therapy Services offers the following Mental Health Day Programs:

### The Acceptance and Commitment Therapy (ACT)

The Acceptance and Commitment Therapy (ACT) Program develops skills to manage mental health issues by learning strategies to manage difficult thoughts and feelings more effectively so they have less impact and influence over you. It then focuses on re-connecting with an individual's values, and uses this to guide positive changes in your life.

### The Anxiety Management Program

The Anxiety Management Program gives participants the opportunity to strengthen and develop anxiety coping skills. We use a Cognitive Behaviour Therapy (CBT) framework to explore how thoughts and behaviours affect our mood. By understanding how thoughts and actions affect how we feel we can learn to manage anxiety more effectively.

### Art Therapy

The Art Therapy program is suitable for anyone who struggles to put their thoughts and feelings into words, as well as individuals wanting a safe place to explore themselves through

creative expression under a psychodynamic framework. Patients don't need any skills in painting or drawing. Art Therapy is about self expression, making meaning, exploration and finding healthy coping strategies.

### Bipolar Disorder

Our Bipolar Management Program is based on a program developed and researched at the Mental Health Research Institute under the direction of Dr David Castle. The program incorporates elements of Cognitive Behavioural Therapy (CBT) and interpersonal and social rhythms theory (IPSRT). A randomised controlled trial using the program showed that it was effective in reducing relapses of mania and depression, as well as improving a person's ability to do the things that are important to them in everyday life.

### Depression Management

Our Depression Management Program is based on a Cognitive Behaviour Therapy (CBT) framework. Cognitive refers to our thoughts, while behaviour refers to our actions. CBT focuses on how our thoughts and actions affect our mood. By understanding how our thoughts and actions affect how we feel, we can learn to manage depression.

### Dialectical Behaviour Therapy Program

The Dialectical Behaviour Therapy Program covers three modules that aim to develop your skills in the areas of distress tolerance, emotion regulation and interpersonal effectiveness.

### Distress Management Techniques

The Distress Management Techniques Program covers three modules that aim to develop skills in the areas of distress tolerance, emotion regulation and interpersonal effectiveness, but in a shorter, less intense form than Dialectical Behaviour Therapy (DBT).

### Dual Diagnosis (Drug and alcohol addiction)

The Dual Diagnosis Program is for people with a co-occurring mental illness and drug and alcohol issue. It helps participants learn to cope with unpleasant emotions without using drugs or alcohol, build a routine that improves physical and mental well being and develop skills to prevent relapse. Please note this is an abstinence based program.

### Interpersonal Psychotherapy (IPT)

The Interpersonal Psychotherapy (IPT) Program focuses specifically on interpersonal relationships as a means of bringing about change. This group seeks to address interpersonal problems and to enhance interpersonal skills in order to improve social support networks and better manage distress.

### Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT)

Mindfulness-integrated Cognitive Behaviour Therapy or MiCBT offers a practical set of evidence-based techniques derived from mindfulness training together with principles of Cognitive Behaviour Therapy (CBT) to address a broad range of psychological disorders and general stress conditions. MiCBT is a four stage model that helps participants to regulate emotion and attention and to externalise these skills into everyday situations they may find difficult.

### Psychodynamic Therapy

This group offers an environment for patients to explore and develop insight into their emotions, thoughts, early life experiences and beliefs (conscious and unconscious). It aims to increase 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.

### Staying Well

Our Staying Well program covers a range of relapse prevention skills that will help participants to better manage their mental health. When a person leaves hospital and returns home they may well be returning to some of the pressures that contributed to their mental health issues in the first place. This program will help participants to better manage these pressures.

### Young at Heart

Our Young at Heart Program is a longer term rehabilitation program that helps its members to maintain or improve their sense of worth, wellbeing and social networks. The all day group offers education on mental health, gentle exercise and activities that promote social interaction.