

## Brisbane MIND group therapy services 2016/17

Brisbane North PHN has identified a gap in the availability of group therapy services for Brisbane MIND clients. To address this need, the PHN has approved a number of current Brisbane MIND providers to deliver these services within the current Brisbane MIND program.

Any client referred to Brisbane MIND will be eligible to attend both individual and group therapy services.

Clients are able to participate in any of the available group therapy services, irrespective of which psychologist they have been referred to for their one-on-one therapeutic services.

Clients will need to have their GP or treating psychologist advise the PHN that the client would like to begin participating in these additional services. This is done by completing a [GP Referral for Additional Sessions](#) (notating selected group) or [FORM 3 Brisbane MIND AHP Referral to Group Therapy Program](#).

A listing of available group therapy services has been outlined below. If you would like more information about these services, please contact the provider directly.

Brisbane MIND Group therapy enquires can be directed to [brisbanemind@brisbanenorthphn.org.au](mailto:brisbanemind@brisbanenorthphn.org.au) or 07 3490 3426

Services are arranged by local council area:

- [Brisbane \(north\)](#)
- [Moreton Bay](#)

### Brisbane (north)

#### **Displaced and forced migration (8 Sessions)**

[Lody Levy Counselling \(World Wellness Group\)](#) Stones Corner

Suitable for adult refugees and CALD adults who present with anxiety, depression, physical pain, unresolved grief, etc as a result of displacement and forced migration from their own countries.

To provide an emotionally safe group environment so that clients are able to explore issues of displacement and migration with others who have had similar experiences.

To enable clients to share their different cultural backgrounds with other group members in order to strengthen their cultural identity and sense of self.

All enquiries to Lody Levy Ph: 3333 2100

**Group start date : Open for registration, commencing TBA**

### **Circle of Security Parenting (6 Sessions)**

[YoungMinds | Health and Development Network](#) Stafford office

Suitable for parents of children aged 0-8 years

The program is DVD-based and aims to develop parents' understanding of their children's emotional needs in the interest of improving the parent-child attachment relationship.

All enquiries to Jessica Carroll Ph: 3857 0074

**Group start date: Open for registration, commencing (Term 3) 17 Jul 2017**

**Group start date: Open for registration, commencing (Term 4) 09 Oct 2017**

### **After Anxiety: Learning Healthy Coping Strategies (6 Sessions)**

[Home - Suzanne Staal | Mind Wellness Therapy](#) - Sherwood

Suitable for adults experiencing mild to moderate anxiety levels aged 18-80.

This 6 week program supports participants to make a simple but radical shift in their relationship to the thoughts, feelings and body sensations that contribute to Anxiety.

Utilizing an Acceptance and Commitment approach with an emphasis on developing mindfulness, the program is filled with accessible, well researched exercises that teach participants how to step out of the habitual, automatic patterns of mind and body that arise with anxiety so that they are more able to cope, grow and re-engage with lives that are valued and meaningful.

All enquiries to Suzanne Staal Ph: 3374 2770

**Group start date: Open for registration, commencing:**

- **18 July 2017 7pm**
- **21 July 2017 11am**

### **Positive Health and Emotional Wellbeing for Adults under 30 (8 Sessions)**

[Welcome to Providence House](#) Spring Hill

Suitable for adults between 18 and 30 experiencing anxiety, depression or social isolation.

The aim of this group is to provide a safe and warm group environment for younger adults to explore and develop their own understanding of positive psychology, including The biopsychosocial model; The healthy body; The healthy Mind; and Healthy relationships, as well as the stressors of life including leisure and occupation

All enquiries to Christina Hully Ph 3831 3936

**Group start date: 30 August 2017**

### **Positive Health and Emotional Wellbeing (8 Sessions)**

[Welcome to Providence House](#) Spring Hill

Suitable for adults experiencing mild to moderate mental health concerns

Program focuses on providing education and support to enable participants to develop behaviours and motivation to enhance Positive Health and Emotional Wellbeing for healthy mind, body and relationships.

All enquiries to Christina Hully Ph 3831 3936

**Group start date: 25 August 2017**

### **Emotion Modulation Therapy (6 Sessions)**

[KC Psych | Striving to improve the quality of life](#) Nundah

Suitable for adults experiencing depression, anxiety and personality disorders.

EMT is a psychotherapy aimed to help individuals to improve their ability to cope with problems in life and reduce the level of discomfort in approaching everyday challenges. It can be used to treat a wide range of disorders, including depression, anxiety and personality disorders.

All enquiries to Kristie Clarke Ph: 3256 6320

**Group start date: Open for registration, commencing 7 September 2017**

## **Moreton Bay**

### **Circle of Security Parenting (6 Sessions)**

[YoungMinds | Health and Development Network](#) Redcliffe office

Suitable for parents of children aged 0-8 years

The program is DVD-based and aims to develop parents' understanding of their children's emotional needs in the interest of improving the parent-child attachment relationship.

All enquiries to Jessica Carroll Ph: 3857 0074

**Group start date: Open for registration, commencing (Term 3) 18 Jul 2017**

**Group start date: Open for registration, commencing (Term 4) 10 Oct 2017**

### **The Shark Cage® (8 Sessions)**

Madonna Cuskelly Psychologist - Sandgate

Adult women who have experience sexual assault or family violence or who have difficulty establishing and maintaining healthy personal relationships.

An evidence based program which takes a human rights approach to empowerment and healing for women who have experience sexual assault of family violence.

All enquiries to Madonna Cuskelly Ph: 0402 284 214 [MadonnaCus@gmail.com](mailto:MadonnaCus@gmail.com)

**Group start date: Open for registration, commencing 1 Sept 2017**

### **Secret Agent Society (12 Sessions)**

[YoungMinds | Health and Development Network](#) Redcliffe office

Children diagnosed with an Autism Spectrum Disorder, as well as children without diagnosis, who have poor social awareness and social skills as well as difficulty regulating their emotions.

The Secret Agent Society is an innovative, evidence-based intervention that uses a suite of games and activities to improve the emotional understanding and social skills of 8-12 year olds with high-functioning ASDs.

All enquiries to Young Minds Ph: 3857 0074

**Group start date: Open for registration, commencing 5 Aug 17**

### **Dialectic Behaviour Therapy for Borderline Personality Disorder: Distress tolerance (12 Sessions)**

[Morayfield Psychology Centre, Morayfield](#)

Suitable for clients with a diagnosis of Borderline Personality Disorder and/or self-harming ideation/risk and/or frequent presentation to the emergency department or other mental health service.

Disability access available. Close to bus and train stations.

The group program will follow the DBT skill training manual written by Marsha Linehan. Four skill modules will be taught including Mindfulness skill, Interpersonal Effectiveness skill, Emotional Regulation skill and **Distress Tolerance** skill.

All enquiries to Amy Wong Ph: 5495 6668

**Group start date : Open for registration, commencing 3 Oct 2017**