

Day Therapy Programs

The Marian Centre provides comprehensive and intensive treatment programs for a wide range of mental health concerns. An experienced team of mental health professionals facilitate our programs, and patient attendance is under the care of their admitting Psychiatrist.

Referrals

A referral from a psychiatrist or general practitioner is required to access the Marian Centre's mental health programs. If required, a mental health assessment will be arranged prior to commencing a program.

Health Insurance

A health fund claim can be made, provided the patient has sufficient cover. Please contact our day patient coordinator to discuss any out-of-pocket expense, excess or gap fee.

Further Information and Assistance

Please contact the Marian Centre's day patient Coordinator via the contact details listed below.

Day Therapy Programs

- Acceptance and Commitment Therapy (ACT)
- Cognitive Behavioural Therapy (CBT) Day and Evening
- CBT for Insomnia (CBT-I)
- Dialectical Behaviour Therapy (DBT) Day and Evening
- Post Traumatic Stress Disorder
- Safe Trauma Recovery

Evening Programs

- Adolescent Cognitive Behavioural Therapy (CBT)
- Mindfulness Based Cognitive Behavioural Therapy (MCBT)

Program Acceptance and Commitment Therapy (ACT)

Day Weekly

Time 9:00am – 12:15pm

Duration 6 weeks

A program based on the principles of accepting what is out of a client's personal control while committing to taking action to enrich their life and make it more meaningful. Assisting individuals relate to painful thoughts and feelings in such a way so they have less impact and influence, while also taking action toward personal values and goals.

Program Adolescent Cognitive Behavioural Therapy (CBT) Program

Day Weekly

Time 4:30pm – 7:45pm

Duration 10 weeks

A CBT based program designed for young people who want to identify, understand and change unhelpful patterns of thinking which may be negatively affecting their day-to-day lives. Special attention is placed on developing emotional awareness. This program is designed to assist in the management of mood disorders, anxiety disorders and emotional dysregulation of young persons.

Program Cognitive Behavioural Therapy (CBT) Day Program

Day Monday to Friday

Time 9:00am – 2:45pm

Duration 2 weeks

Closed group program designed for people who want to identify, understand and change unhelpful patterns of thinking which may be negatively affecting their day-to-day lives. CBT deals with the 'here and now', how current thoughts and behaviours are affecting a person now. Evening sessions also available.

Marian
Centre

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Program Cognitive Behavioural Therapy (CBT) Evening Program
Day Weekly
Time 5:00pm – 8:15pm
Duration 10 weeks

Open group program designed for people who want to identify, understand and change unhelpful patterns of thinking which may be negatively affecting their day-to-day lives. CBT deals with the 'here and now', how current thoughts and behaviours are affecting a person now. Day sessions also available.

Program Dialectical Behaviour Informed Therapy (DBT)
Day Weekly
Time 9:00am – 12:15pm
Duration 12 weeks

A skills based program aiming to assist the patient to tolerate intense feelings and learn to manage self harming behaviours including substance use and alcohol and drug misuse.

Program Mindfulness Based Cognitive Behavioural Therapy (MBCBT)
Day Weekly
Time 5:30pm – 8:45pm
Duration 6 weeks, 1 follow up

A skills based program designed to assist in mood management, reduce worry and prevent relapse. Aiming to be willing to intentionally pay attention to moment by moment events as they unfold in our internal and external experience, and to notice our habitual reactions to such events without judging them.

Program CBT for Insomnia (CBT-I)
Day Saturday
Time 9:30am – 12:45pm
Duration 4 weeks, 1 follow up session

For people with chronic sleep difficulties. Providing resources, education and strategies to enhance the ability to change behaviours and thoughts that impact on sleep.

Program Post Traumatic Stress Disorder
Day Monday to Friday
Time 9:00am – 2:45pm
Duration 4 weeks, 2 follow up sessions

Designed to assist active and retired service personnel and first responders who have been exposed to trauma in the performance of their daily routines. It provides specific CBT, EMDR and trauma focused therapy skills to manage PTSD and the related anxiety and depression symptoms.

Program Safe Trauma Recovery
Day Weekly
Time 9:00am – 12:15pm
Duration 10 weeks

Designed for individuals who have experienced trauma as a child or adult or both. The sessions are designed to provide a safe treatment setting for this client group and has been developed for people who are having difficulties coping with the impact of these traumatic experiences on their lives.