

Ramsay Clinic Thirroul

Therapy and Treatment Pathways



Ramsay Clinic Thirroul uses evidence-based therapies as the primary basis for psychological treatment. The programs use structured, focused treatments that assist patients with the here-and-now problems that have led to their admission.

For further information on therapy and treatment pathways, please consult your Psychiatrist or Unit Manager.

The overall goal of the treatment programs is to increase patients' understanding of their difficulties and to teach them skills to respond and better manage their distress.

Your recovery journey will be led by your allocated Psychiatrist, and provided by our multidisciplinary team. Your Psychiatrist will conduct a comprehensive assessment and provide guidance on your treatment requirements while in hospital. This will cover both your physical health requirements and your recommended group therapy attendance.

Group Therapy

The main form therapy you will receive while at the Clinic is in the form of group therapy. Our group therapy program provides support on the Ramsay Clinic Thirroul 4 Pillars of Health and Recovery – Psychological, Physical, Nutritional and Social. Group therapy is provided by our multidisciplinary team including Psychologists/ Counsellors, Psychiatrists, Art and Diversional Therapists and Music Therapists. If you would like clarification on any of the concepts covered in the group therapy program, please don't hesitate to ask the group facilitators.

Individual Support

The nurses will assist supporting you with the recommendations provided by the Psychiatrist. Additionally, your Psychiatrist will see you for individual sessions twice per week. Therapy staff (Counsellors/Psychologists) will support you by developing an individualised Group Therapy Schedule with you and reviewing your Care & Discharge Plan goals from a therapist's perspective; they can also assist in clarifying any concepts not understood from the group therapy program. If you are concerned about the amount of individual support you are receiving, please discuss this with your Psychiatrist.

If you would like emotional support at any time, please don't hesitate to approach our friendly nursing team who are there to provide you with individual support and care.

Ramsay Clinic Thirroul
ramsaymentalhealth.com.au

People caring for people


Ramsay
Mental Health