



PUTTING YOU FIRST

At TPH we are committed to delivering excellence in psychiatric care and quality services that promote mental health and wellbeing. Our professional team will support you through every step of your treatment program and offer genuine compassion and care.

We are a family-owned private hospital certified to the ISO 9001 Quality Management Systems Standard, the National Safety and Quality Health Service Standards and the National Accreditation Standards for Trauma Recovery (Posttraumatic Stress Disorder) Programs.

Our treatment and services are designed to demonstrate respect, understanding and focus on you as an individual. Each specialised program is delivered by experienced mental health practitioners including psychiatrists, senior psychiatry registrars, psychologists, registered and enrolled nurses, occupational therapists and social workers.

Every detail at TPH has been considered to ensure you feel safe, comfortable and experience a positive treatment environment.

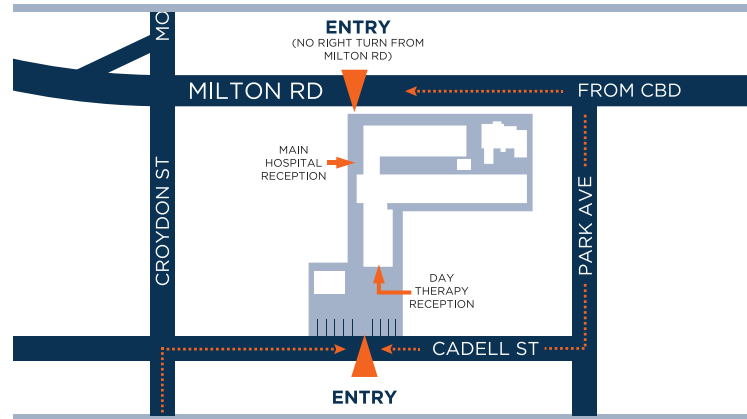


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At TPH we provide a range of programs tailored to meet the needs of patients including:

- Employment Related Trauma Recovery Program
- Cognitive Behavioural Therapy (CBT) Anxiety Program
- CBT Mood Disorders Program
- Tailored Therapy Program
- Repetitive Transcranial Magnetic Stimulation
- Electroconvulsive Therapy
- Assertive Community Treatment Program
- Mobile Recovery Support Service - Pilot Program

We also offer specialised treatment for military and ex-military personnel including:

- Trauma Recovery Program
- Trauma Relapse Prevention Program
- Anger Management Program
- Alcohol Day Treatment Program

The information in this brochure is not intended as a substitute for professional medical advice, diagnosis or treatment.

TAILORED THERAPY TREATMENT PROGRAM



TAILORED THERAPY TREATMENT PROGRAM WITH FLEXIBLE GROUP THERAPY SESSIONS TO MEET YOUR UNIQUE NEEDS

Mental health problems are as unique as the individual experiencing them. People may encounter different issues and symptoms but the benefits of a successful treatment program are universal. Effective treatment has a positive impact on your mental illness or mental health problems.

Toowong Private Hospital's (TPH) Tailored Therapy Treatment Program offers the flexibility of several group therapy sessions covering a wide range of topics. We will work with you and your referring psychiatrist to identify your mental health needs, plan your program and develop goals for your recovery.

Our program targets key issues such as illness management strategies, coping skills and relapse prevention. Depending on your individual needs, the Tailored Therapy Treatment Program can be delivered as part of an inpatient admission or day patient program.



Supported Recovery

At TPH we understand that problems can result from a variety of situations and have an effect on your health and quality of life. All of our group sessions, conducted by a multi-disciplinary team, are designed to help you:

- Recover in a supportive environment
- Feel motivated about your treatment
- Share similar experiences and feel less alone
- Face personal difficulties and challenges
- Develop improved motivation and social engagement.

The Tailored Therapy Treatment Program can include a number of group sessions

• **Psychoeducation Groups**

Our psychoeducation sessions are designed to help you understand your mental illness, strengthen coping skills and contribute positively to your health and wellbeing in the long term.

We hold a range of psychoeducation sessions on topics including depression, anxiety, stress, sleep, physical health and wellbeing, and distress tolerance.

• **Creative Therapy Groups**

Creative therapy offers a healthy way to find focus and encourages you to engage in your treatment by taking part in calming and mindful creative activities.



• **Practical Skills Development Groups**

Our practical skills sessions are designed to help you actively practice and develop skills introduced in other parts of the treatment program including relaxation training and community access outings.

• **Physical Health Sessions**

At TPH we support your physical health as well as your mental health and offer a number of opportunities for you to join in supervised walks, gym sessions, yoga and pilates.

• **Specialised Group Sessions**

At TPH, we may offer specialised group sessions by age or interest such as a young person's group, behavioural activation groups and activity groups.

