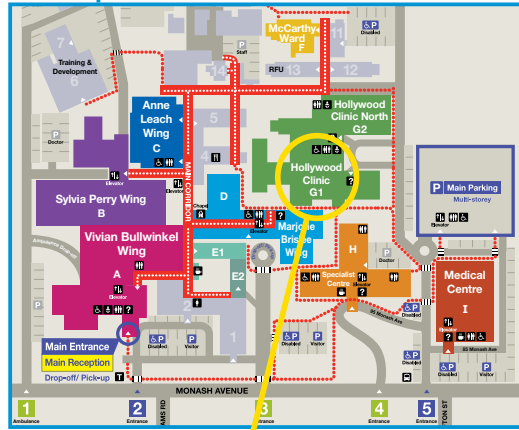
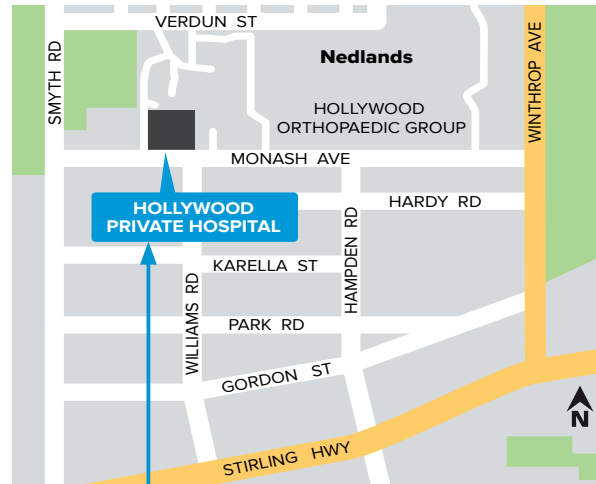


Schema Therapy is designed to address the challenges faced by people experiencing long-term and repeated difficulties with problematic patterns of thought, feelings and behavior that are caused by schemas (unhelpful beliefs).



The Hollywood Clinic is located here

A Multi-Storey Car Park is conveniently located opposite The Hollywood Clinic, off Entrance 5 on Monash Avenue. Please visit hollywoodprivate.com.au for detailed parking information and current pricing.



**Hollywood
Private Hospital**

Part of Ramsay Health Care

Monash Avenue
Nedlands WA 6009
Ph: 08 9346 6000 – Fax: 08 9389 8470
hollywoodprivate.com.au

The Hollywood
Clinic

Schema Therapy
Program



**Hollywood
Private Hospital**
Part of Ramsay Health Care

HPHHC032017

Schema Therapy Program

Introduction

The Hollywood Clinic provides a Schema Therapy Program which is designed to address the challenges faced by people experiencing long term and repeated difficulties with problematic patterns of thought, feelings and behavior that are caused by schemas (unhelpful beliefs).

When you experience unhelpful schemas your symptoms may include extreme emotional sensitivity, problems in friendships and relationships, fears of abandonment, rapid mood changes, self sabotaging and self harming behaviours, and problems with sense of identity and self direction. These symptoms can occur repeatedly in various situations during your life.

Our program runs for 20 weeks and consists of 5 hours of contact time, once per week. Groups are small, with a maximum of 8 participants.

Our Program

Based on a Schema Therapy Group Program that has recently been developed by experts in the area, our program draws on a number of evidencebased therapies and focuses on deeper personality change, rather than rapid symptom relief.

The aim of our program is to help you work towards overcoming your unhelpful schemas.

The 3 phases of our program are designed to:

- Help you build insight into the early influences on your schema formation, and to identify your current behaviours, thoughts and emotions that are caused by your schemas
- Help you identify and formulate coping styles specific to your needs

- Help you build your awareness and understanding of your core emotional needs
- Help you learn how to heal your unhelpful schemas
- Help you to break unhelpful patterns of thought, behaviour and emotion
- Help you to embrace the independent and self-guided pursuit of core emotional needs

The 3 Phases

- Phase 1 provides you with education and information about schema therapy and group process therapy. Your schemas and their developmental influences will be identified and you will explore ways to make changes (intervention strategies)
- Phase 2 involves putting changes into practice with the aim of overcoming the influence of your schemas. Intervention strategies are personalised in accordance with your personal history and current symptoms/issues
- Phase 3 commences in the final 3 weeks of the program. You will complete tasks to help you plan for discharge and prevent relapse

Ongoing Support

At the end of our program, you will be invited to attend our Schema Therapy Follow-up Program which runs over an additional 20 week period, with reduced frequency of contact – initially fortnightly, followed by a monthly phase, providing a total of 8 additional contact days.

Clinic Staff

Our team consists of a qualified and experienced psychologist and a clinical psychologist and the care of all patients is overseen by a consultant psychiatrist.

Eligibility/Referrals

Patients can be referred by their general practitioner or psychiatrist. Individuals will then be assessed by program staff to establish their suitability for the program.

Those eligible include:

- Patients with private health insurance
- Self-funded patients

Privacy and Confidentiality

All patient information is confidential. The health record remains the property of Hollywood Private Hospital.

Hollywood Private Hospital must comply with the Ramsay Health Care Privacy Policy and the Privacy Act 1988 in its dealings of an individual's personal information. The privacy policy is available to patients and visitors. Please speak to one of our staff should you wish to obtain a copy.

For further information, please contact the Privacy Officer on (08) 9346 6224.

For further information about the program, referrals and assessment please contact:

The Schema Therapy Program Coordinator

The Hollywood Clinic
Hollywood Private Hospital
Monash Avenue, Nedlands WA 6009
Telephone (08) 9346 6801
Fax (08) 9346 6829

Monday to Friday between 8.00am and 5.00pm

