# PREADMISSION
# Modules Program Topic Selections

Our Modules Day Group Program offers a flexible group therapy option for individuals aged 16 and over experiencing a range of mental health challenges. Using evidence-based therapies in a structured yet adaptable format, we create personalised programs that are tailored to each person's unique needs and situation. The program has 20 therapy modules on diverse topics available to choose from, with sessions offered in 1.5-hour blocks, either as two 1.5-hour modules (3 hours total) or one 1.5-hour module. These sessions are scheduled in morning or afternoon blocks on fortnightly timetable, allowing participants and the care team to select modules that align with their goals, circumstance and select or adjust treatment intensity as needed.

**Referred patient to select appropriate therapy modules specific to their needs/preferences (minimum 3 hours per day).**

☐ ***Addressing Anxiety*** module helps you understand how anxiety and other distressing emotions often arise from unhelpful thinking patterns that can affect how you feel and behave. In this module, you'll learn how to recognise and challenge these thoughts, helping you manage and regulate your emotions more effectively. By applying these strategies, we hope you'll feel more in control of your anxiety and develop healthier ways of responding to challenging situations, improving your overall emotional well-being. Delivered in two 1.5-hour sessions

☐ ***Change and Habits*** module guides you through the process of creating lasting change, recognising that it's often complex and not always linear. You'll learn how to approach behaviour change in small, manageable steps, setting realistic expectations and celebrating progress along the way. During this module, we'll help you break down your goals into achievable actions, making the journey feel less overwhelming. You'll gain practical tools to overcome barriers to change and build new, healthier habits that support long-term, meaningful improvements in your life. By focusing on steady growth and positive momentum, we hope you'll create sustainable change that works for you. Delivered in one 1.5-hour session

☐ ***Distress Tolerance*** module is designed to help you manage and cope with emotional distress without resorting to unhealthy coping mechanisms like avoidance, self-harm, or substance use. Instead, we'll guide you in developing healthier strategies for navigating emotional challenges by embracing life as it is in the present moment. During this module, you'll be introduced to various crisis survival strategies and acceptance skills, allowing you to create your own distress tolerance plan. These tools will help you face difficult situations without making them worse, especially when immediate solutions aren't available. Distress tolerance skills are particularly effective in managing intense emotions, enhancing emotional regulation, reducing impulsivity, and building greater resilience, helping you stay grounded during tough times. Delivered in one 1.5-hour session

☐ ***Eating Right for Recovery*** module highlights the crucial role nutrition plays in mental health, focusing on the gut-brain connection and managing inflammation. You'll learn how what you eat can impact mood, cognitive function, and overall well-being. This module combines cognitive-behavioural techniques and mindfulness to help you make science-baked dietary changes that support mental health recovery, emotional regulation, and self-efficacy. You'll gain practical tools to manage nutrition to feel more balanced and resilient in daily life. Delivered in two 1.5-hour sessions It is recommended that our *Meals for the Mind* and/or *Change and Habits* modules are undertaken alongside this module.

☐ ***Getting Better Sleep*** module, you'll learn about the science of sleep, how to challenge unhelpful sleep-related thoughts, and establish healthy sleep habits. You'll gain research-backed behavioural strategies to improve sleep quality, such as increasing your sleep efficiency, learning ways to create a connection between your bed and sleep, and practising relaxation and mindfulness techniques. By applying these strategies, we hope you'll enhance your ability to fall asleep, stay asleep, wake up refreshed, and better manage sleep difficulties when they arise. Delivered in two 1.5-hour sessions

☐ ***Goal Setting*** module combines proven psychological strategies with creative techniques to introduce and teach the art of setting goals. It provides you with various methods for creating and achieving goals, including techniques like goal visualisation. You'll learn how to develop goals that are not only meaningful and achievable but also designed to motivate positive behavioural change across different areas of your life. Delivered in one 1.5-hour session

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☐ ***Interpersonal Effectiveness*** module is designed to help you enhance your communication skills, improve interactions, and build healthy, balanced relationships. The primary goal is to teach effective strategies for expressing your needs, setting boundaries, managing conflicts, and fostering positive connections with others. By applying principles such as empathy, active listening, strengths-based approaches and emotional regulation, you'll learn how to navigate relationships with confidence and ease. Delivered in two 1.5-hour sessions

☐ ***Managing Mood*** module teaches you how to manage your mood by exploring and addressing the factors that influence your emotional state and developing healthier ways to cope with them. This module emphasises self-awareness, emotional regulation, and fostering positive emotional and behavioural change. Through group interactions and engaging exercises, you'll gain practical tools for managing your mood that you can bring into your day-to-day life, along with strategies to stay emotionally balanced and resilient. These approaches will help you improve your well-being and empower you to navigate challenges with greater ease. Delivered in two 1.5-hour sessions

☐ ***Meals for the Mind*** module shows you how meal preparation and cooking are not just about nourishing your body—they're essential self-care practices that support independence and long-term recovery. In this module, you'll get hands-on experience making meals using ingredients backed by science for their mental health benefits. You'll learn practical skills to improve your self-care through simple meal preparation, overcome obstacles to healthy eating, and learn how to use meal making to engage in grounding exercises to reduce stress. By incorporating more brain-healthy foods into your routine, you'll support your emotional well-being and enhance your recovery journey. Delivered in one 1.5-hour session

☐ ***Mindful Movement*** module, we guide you to connect more deeply with your body and mind, helping you feel more relaxed, focused and balanced emotionally. You'll learn how mindful movement – combining simple movements with awareness – can support your mental health. It's not just about exercise; it's about finding a peaceful, balanced state while moving. Research shows that mindful movement can help reduce feelings of anxiety, depression and stress, while also boosting your overall well-being and emotional strength. You'll discover how this combination of movement and mindfulness can improve your physical and mental health. You'll also learn how to perform simple techniques that can also be used in your daily life to help you feel calmer and more resilient. Delivered in one 1.5-hour session

☐ ***Mindfulness*** module helps you discover what mindfulness is and how to cultivate it—the practice of paying full attention to the present moment with openness, curiosity, and acceptance. The goal of mindfulness in therapy is to increase your awareness of thoughts, emotions, and bodily sensations without judgment, allowing you to respond to life's challenges in a more balanced and adaptable way. Throughout this module, you'll explore beginner-friendly mindfulness skills and practices, with various exercises designed to help you find the most effective methods for staying present. By integrating mindfulness into your life, you'll gain a deeper understanding of yourself and develop the ability to handle stress and emotions with greater ease and clarity. Delivered in one 1.5-hour session

☐ ***Movement and Exercise*** module helps you build and maintain exercise routines that support your mental health and resilience. Regular movement can reduce symptoms of depression and anxiety, boost mood-enhancing chemicals, regulate emotions, improve sleep, and boost your self-esteem. In this session, you'll learn practical tools that combine education, mindfulness, and body-centred strategies to use movement as a tool for mental health recovery and self-management. Delivered in two 1.5-hour sessions

☐ ***Problem Solving*** module combines informative teaching, practical exercises, and interactive activities to equip you with problem-solving skills that can be applied in everyday situations. These skills are designed to enhance your functioning, mental health, and overall well-being. Delivered in one 1.5-hour session

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☐ ***Resilience and Vulnerability*** module focuses on strengthening resilience and embracing vulnerability as important elements of growth and recovery. In this module, you'll engage in group discussions and interactive exercises that help you improve emotional regulation and cultivate a resilient mindset. You'll learn how to accept vulnerability, build inner strength, and foster a sense of hope and empowerment. By the end of the module, we hope you'll have the tools to face life's challenges with greater resilience, confidence, and a deeper understanding of your own strength. Delivered in one 1.5-hour session

☐ ***Self-Compassion*** module focuses on treating yourself with kindness and understanding, rather than being self-critical. Self-compassion is a skill that can be developed, not an innate trait. In this module, you'll learn practical techniques and strategies to cultivate self-compassion and break free from cycles of self-criticism. By the end of the module, we hope you'll feel better equipped to approach yourself with kindness and understanding, especially during challenging moments. Delivered in one 1.5-hour session

☐ ***Sensory Regulation*** module teaches you how to use sensory-based techniques for grounding, self-soothing, and mindfulness. In this session, you'll discover your own sensory preferences and learn how to tailor sensory regulation strategies to your needs. By using sensory experiences like deep pressure, soothing sounds, or calming visuals, you'll improve your emotional regulation and self-management. You'll also create a personalised sensory-informed crisis plan to help prevent escalation when cognitive interventions are less effective. By providing you with the right environment and experiences, using a sensory approach can help you to connect with your body, manage emotional shutdowns, improve your focus, and help you regain control during moments of high distress or overwhelm. Delivered in one 1.5-hour session

☐ ***Setting Healthy Boundaries*** module focuses on teaching you how to establish and maintain personal, emotional, physical, and psychological boundaries in relationships, helping you protect your well-being while promoting healthier interactions with others. This module offers a structured approach to understanding and setting healthy boundaries through educational content, practical exercises, and mindfulness techniques. We hope you'll leave with greater clarity on how to safeguard your emotional and physical well-being, enhanced communication tools, and actionable steps to apply in your daily life. Delivered in one 1.5-hour session

☐ **Strengths *and Values*** module focuses on identifying and leveraging your personal strengths and values to promote self-awareness, personal growth, and alignment between your values and behaviours. This approach encourages resilience, boosts self-efficacy, and supports overall well-being. Research shows that using a strengths and values-based therapeutic approach helps build a positive sense of identity, enhance coping strategies, and guide decision-making based on what matters most to you. The exercises offer practical tools to integrate your strengths and values into daily life while fostering psychological flexibility. Delivered in one 1.5-hour session

☐ ***Understanding Anger*** module provides a comprehensive approach to managing your anger, using a combination of therapeutic techniques. Through psychoeducation and engaging interactive exercises, you'll learn how to understand and manage your anger by developing healthy emotional regulation and interpersonal skills, building your self-efficacy. By effectively managing your anger, you'll experience improvements in areas like communication, decision-making, and conflict resolution, leading to more harmonious interactions and interpersonal functioning. Delivered in two 1.5-hour sessions