

# The Barrington Clinic Day Program

## Art Therapy

Providing resources, education and clinical support to enhance creativity, expression and well-being.

### Who is the program for?

Individuals who have a diagnosis of a mood disorder, anxiety disorder or an addictive disorder and find creative activities beneficial. Individuals who have an interest in finding new ways to express oneself and explore problems creatively are encouraged to attend this program. It is not necessary to have any art skills to participate.

### Program content

- Mindful art
- Defining your goals
- Expressing emotions
- Challenging perfectionism
- Values clarification
- Honouring self-care
- Practising gratitude
- Coping with stress

Maitland  
Private Hospital

Suite 15, Medical Centre 2  
173 Chisholm Rd, East Maitland NSW 2323  
[maitlandprivatehospital.com.au](http://maitlandprivatehospital.com.au)

### About the program

This full day group program is designed to provide a way to express oneself through a range of different art activities and mediums. Art Therapy engages a range of senses rather than relying solely on talking therapies. Art therapy can lead to enhanced well-being and increased self-awareness as well as discovering new perspectives and improve problem solving.

### When is it held?

Offered one day a week over twelve weeks, as either a morning or afternoon session. Light refreshments are provided.

### How to join

Ask your GP or treating psychiatrist for a referral to The Barrington Clinic Day Clinic. Once we have received your referral we will contact you to arrange an initial assessment.

### How much does it cost?

Participants are admitted as a day patient and as such, can claim attendance via their health fund. We ask that patients confirm any applicable out of pocket or gap costs directly with Maitland Private Hospital.

### Further information

For information on this program please contact:  
THE BARRINGTON CLINIC  
DAY PROGRAM  
P. 02 4937 9570  
F. 02 9300 5528  
E. [maitland.admissions@healthecare.com.au](mailto:maitland.admissions@healthecare.com.au)