



Avive Clinic Brisbane

Better mental health. Extraordinary healthcare.







Our why

Treating mental health is complex. It's as deeply personal and individual as our patients.

Avive Health is committed to providing care that is unparalleled, in environments that are unsurpassed. Our programs are specially tailored, but our goal is universal – to improve the health of Australians and their families.

We are dedicated to supporting patients to better understand and improve their psychological, emotional and physical wellbeing. To recover and once again enjoy life. It's behind everything we do, every day.

Experience Avive's hospitals virtually; anytime, anywhere.

Take a virtual tour of Avive's thoughtfully designed facilities, purpose-built to foster healing and recovery. Visit avivehealth.com.au/locations/virtual-tours to experience mental health environments, like no other.



How we help

Avive's mental health care is customised, to give anyone who needs support the right kind of support at the right time.

A robust admission process enables us to determine the most appropriate treatment path, specific to an individual's needs. That may be delivered during a consultation, in hospital, through a group program or in the community, or any combination of these. All we require is a referral from a GP or health professional.

Hospitals

Our purpose-built private hospitals are unlike anything Australia has seen. They are best-in-class, designed and built with patients front-of-mind, to foster the best possible experiences and outcomes. Showcasing the latest health design principles, and equipped with ground-breaking technology, our facilities are welcoming, modern and efficient.

Programs

Our evidence-based treatments are available as part of an inpatient admission or through day programs. They extend beyond psycho-educational, symptoms-based approaches, providing sophisticated support that promotes a deeper understanding of the root causes of mental health issues. Our unique, learning management system creates a truly interactive experience, allowing patients to learn at their own pace.

Specialist suites

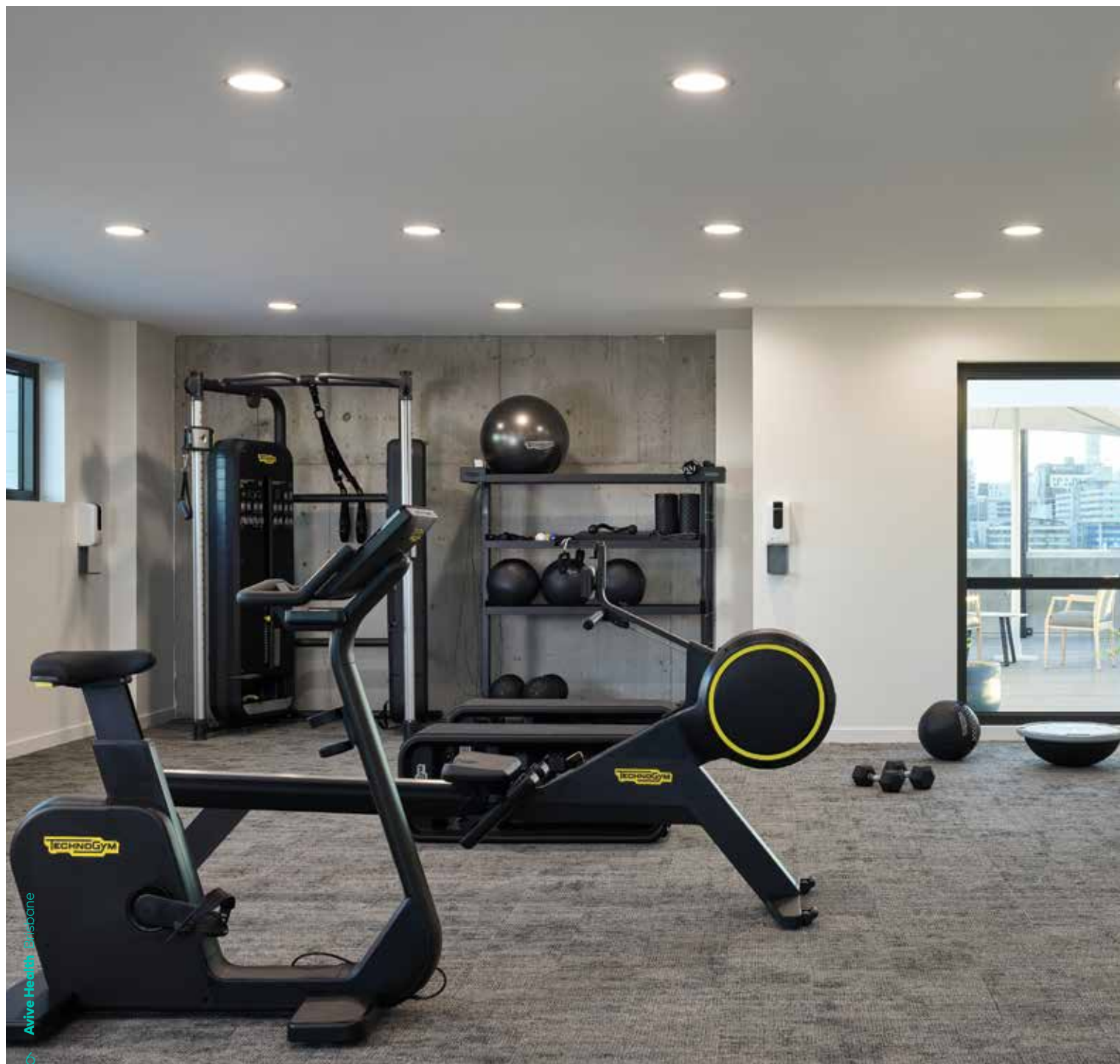
Our private practice specialist suites are onsite and offer outpatient appointments with psychiatrists experienced in treating a range of mental health diagnoses and concerns. These appointments are available before or after a hospital stay, to ensure continuity of treatment.





 **avive**

AVIVE CLINIC
BRISBANE





Avive Clinic Brisbane

Our 63-bed private hospital borders Brisbane's CBD and one of the city's major health hubs, home to the Royal Brisbane and Women's Hospital and Herston Quarter health precinct.

Treatment is delivered by an experienced team of mental health professionals and supported by the latest technology and health-promoting design principles.

Avive Clinic Brisbane features:

- private single bedrooms with ensuites
- a Technogym-equipped patient gymnasium with exercise physiologists
- tms suites
- group and art therapy rooms
- private consultation rooms
- a rooftop deck including yoga for patients, lounges and retreat areas
- circadian lighting, electronic medical records and medication management
- transport assistance for inpatients, where required.

Our experienced team specialises in the treatment of:

- drug and alcohol use disorders, including medical detoxification
- general adult psychiatry
- mood disorders
- anxiety disorders
- early life trauma
- adult trauma, including defence (Department of Veterans' Affairs and Australian Defence Force) and emergency first responders.

Referrals

Avive Clinic Brisbane is a licensed private hospital, and costs are generally covered by private health insurers.

We accept inpatient and outpatient mental health referrals from GPs and health professionals via email, fax or our online referral form.

Clinic

Hospital inpatients and day patients

T 1800 284 830

E help@avivehealth.com.au

Specialist suites

Private practice outpatients

T +61 7 3110 2403

F +61 7 3123 4823

E specialistsuites.brisbane@avivehealth.com.au

Online

Visit avivehealth.com.au/doctors/referrals or scan the QR code.







Programs

Avive’s evidence-based programs are an important part of the patient experience, and are generally considered compulsory for all patients. Programs are delivered through an interactive learning management system, where progress can be monitored and patients engaged. Our current suite of programs includes the following.

STREAM	PROGRAM	DESCRIPTION	DURATION
A	Anxiety and mood	<p>The inpatient intensive program helps patients manage their depression and anxiety symptoms and empowers them to grow and foster purpose. This is achieved by developing self-awareness of their thoughts and feelings, coping strategies to build resilience, and discovering ways to create meaning in life.</p> <p>Topics include:</p> <ul style="list-style-type: none">• understanding and managing thoughts• emotional regulation and coping skills• identifying values and strengths• relationships• communication and assertiveness. <p>The day patient transition program provides a continuum of care from an inpatient setting to the community, focusing on the skills required to support change, re-integration and enhance quality of life. It helps patients manage their anxiety and mood disorders in the community through practical application of skills learned in the inpatient setting. This includes troubleshooting and problem-solving when strategies are not working and the setting of weekly goals.</p>	<p>Inpatient 3-week intensive program.</p> <p>Day patient 8-week transition program, 1 day weekly.</p>

B	Dual diagnosis	<p>The inpatient intensive program helps patients understand their addiction cycle and contributing factors. Patients learn strategies to manage their thoughts, emotions and behaviour, and find ways to build a new life.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • understanding and managing addiction • bio-psychosocial and neurobiological models of addiction • motivation and stages of change • relationships. <p>The day patient transition program is an extension of the inpatient intensive program, offering support to patients living in the community. Many gaps in life exist after eliminating or reducing substances. This program helps patients reintegrate back into life, by identifying these gaps and providing practical strategies for managing life without substances.</p>	<p>Inpatient 3-week intensive program.</p> <p>Day patient 12-week transition program, 1 day weekly.</p>
C	Mind body	<p>Embodied emotion and movement</p> <p>This program promotes insight into the relationship between mood disturbance, trauma and the body, and utilises psycho-education and exercise to enhance patients' understanding and experience of the mind-body connection.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • relationship between exercise and mental health • the importance of movement and how to move • identifying and overcoming cognitive, physical and contextual barriers to exercise • development of an exercise routine. <p>Art therapy</p> <p>This complementary therapy aims to help patients interpret, express, and resolve their emotions and thoughts. Patients work with an art therapist to explore their emotions, understand conflicts or feelings that are causing them distress, and use art to help them find resolutions to those issues.</p> <p>Benefits:</p> <ul style="list-style-type: none"> • improves cognitive and sensorimotor functions • fosters self-esteem and self-awareness • cultivates emotional resilience • promotes insight • enhances social skills • allows for trauma processing. 	<p>Inpatient 3-week intensive program.</p> <p>Day patient 8-week transition program, 1 day weekly.</p>

D	Processing program	This processing program helps individuals work through difficult emotions and to develop psychological skills to live meaningful and fulfilling lives. It is designed to help individuals positively cope with stress and to work through traumatic experiences, and is proven to increase overall health and resilience.	Day program 8-week transition program, 1 day weekly
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Doctors

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