

# North Side Group

## Hospital Description

As many as one in five people experience a mental health problem at one point throughout their life. The stigma that once surrounded mental health has been greatly reduced, in part due to our increased understanding of the human brain and mental illness, and in part due to the realisation that life within today's society is far more stressful and complex than ever before.

Established in 1964, Ramsay Health Care is Australia's largest operator of private hospitals and is the country's leader in the provision of private psychiatric care. In Sydney The Northside Group: Northside, Northside West and Northside Cremorne Clinics, offers specialist treatment for mood disorders, anxiety disorders, schizophrenia, psychosis and personality problems, post traumatic stress disorder, eating disorders and drug and alcohol misuse.

A comprehensive range of day programs is also available. Additionally, Northside Clinic has a psychiatric intensive care unit and is a teaching hospital affiliated with the University of Sydney.

## Program Commencement Dates

Intakes are in February and possibly August (please enquire at time of application)

1 graduate position is available at Northside Clinic and 1 position at Northside West Clinic.

Fulltime positions available. Part-time positions considered minimum 3 shifts per week.

## Programs offered

Mental Health Graduate Program

## What kind of rotations do we offer?

Rotations include:

- Acute Services
- Mood/ Anxiety Disorders
- Drug and Alcohol
- Eating Disorders
- PTSD

## Brief descriptions of each area you rotate through.

### Acute Services

Our Acute Services offers a holistic approach to treatment, with a focus on healing the mind, body and self. A thorough assessment is carried out to determine the cause of any problems and to ensure that appropriate treatment can begin. Our goal is to work towards the fastest possible recovery for each client, helping them manage their symptoms and work towards leading a full and productive life. Clients are treated with understanding and respect, and programs are individually designed according to their needs. Individual and group therapy sessions help clients gain an insight into their illness and learn how to minimise its effects. Cognitive Behavioural Therapy (CBT) also helps

### Mood/ Anxiety Disorders

The group program covers education about depression, motivating clients to meet the day, teaching coping skills, and challenging unhelpful thinking.

Cognitive Behavioural Therapy (CBT) also helps clients work towards developing strategies to cope with current issues and the future more effectively.

Education is an important part of the recovery process, and during group therapy sessions clients work on issues such as minimising the effects of the illness, improving motivation and self-esteem, and problem solving. Clients will learn new skills, helping them feel confident about resuming their lives outside the clinic. The physical component of mood disorders may be addressed with medication and other medical treatments.

### Drug and Alcohol

As serious as chemical dependency is, no client's situation is hopeless. With the right treatment clients can not only recover from dependency but also look forward to a satisfying future. Once again, education is an important part of the recovery process and during group therapy sessions clients work on issues such as relapse prevention, how to deal with cravings and how to communicate more effectively.

Some clients join the program for detoxification only. This is achieved safely under the supervision of our medical staff that generally advise the use of medication to relieve the side effects of withdrawal. Some clients may be drug and alcohol free, but are seeking support and education to help them maintain abstinence. Others benefit from a combination of medically assisted detoxification, support and rehabilitation. Art therapy groups add another dimension to client services. Creative expression is useful in exploring issues at a deeper level, allowing the client to relax and speak more freely.

Having attained a new level of empowerment, on discharge from the Clinic clients are encouraged to attend one of the relapse prevention or Day Programs.

## Eating Disorders

Usually we eat food to sustain life and for enjoyment. When eating is associated with feelings of guilt and conflict it becomes impossible to lead a balanced, healthy life. Often people with eating disorders experience disturbances in mood, thinking and behaviour thus affecting their ability to realistically assess their physical condition. Untreated, it may become life threatening. Today, as many as two out of every 100 teenagers suffer from anorexia nervosa, and one out of six is affected by bulimia. Countless more people are struggling with other forms of eating disorders, such as overeating. Most common in teenage girls, these disorders can however affect women and men of all ages.

At Northside Clinic, we've been successfully treating eating disorders and the underlying psychological factors for over 20 years. We offer a safe, empathetic environment in which you can gradually regain control of your life with medical, social and psychological support to help you make a full and lasting recovery.

## PTSD

Post-traumatic stress disorder (PTSD) is a psychological condition that develops following an extremely stressful event or series of events that cause intense fear. Those with PTSD are much more likely than others to have major depression, problems with substance abuse, or panic disorder sometime in their lives.

Developed for Defence Force and ex-service men and women suffering from war-related PTSD, the program is tailored according to the individual needs of the client. Group and individual therapy sessions provide support, education and coping skills training to assist in managing symptoms and improving quality of life. Group sessions are also available for family members.

The program is under the direction of a consultant psychiatrist and the therapy team comprises psychologists, mental health nurses and occupational therapists. The team works closely together to ensure the best possible care is given.

## Rotations to other facilities

Rotations between The Northside group Clinics are available. Rotation with North shore Private and Westmead Private are available, pending on expressions of interest.

## Employee Benefits

Meals are available at a subsidized rate

Membership to Northside Active newly equipped gym's with subsidized fitness assessment and program.

Free undercover secure parking.

Unit functions and Annual Northside Group Christmas function with presentation of staff excellence awards.

## Transport and parking

Each Clinic is within a five minute walk from public transport.

Parking is also available.

## Contact details

Please contact:

Northside West: [stobot@ramsayhealth.com.au](mailto:stobot@ramsayhealth.com.au)

Northside Cremorne: Dianne Hollings: [hollingsd@ramsayhealth.com.au](mailto:hollingsd@ramsayhealth.com.au)

Northside Greenwich: Paul Dolan [dolanp@ramsayhealth.com.au](mailto:dolanp@ramsayhealth.com.au)

Website: [www.northsidegroup.com.au](http://www.northsidegroup.com.au)

***All applications must be made via the Gradplus website:***

***[www.gradplus.com.au](http://www.gradplus.com.au)***