

## *Day Therapy Programme*

The Day Therapy Programme (DTP) is an outpatient group-based service that uses group dynamics as the primary therapeutic intervention. It provides an interdisciplinary team approach for people who require time-limited group therapy and transitional care. The programme promotes recovery, independence and hope in a mutually responsible and collaborative treatment environment.



Depending on the patient's needs, our case managers will recommend groups that are best suited for the patient. Please refer to the DTP brochure for more information.



## *Managing Mood Disorders*



INSTITUTE  
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HEALTH

Loving Hearts, Beautiful Minds



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## About the Mood Disorders Unit

The Mood Disorders Unit (MDU) is a specialist service that provides assessment and treatment for complex or severe mood disorders in the inpatient and outpatient settings. We provide multidisciplinary care delivered by a team of experts as well as dedicated case management. With intensive treatment and regular follow-ups, we are able to customise a range of evidence-based treatments that best suits each individual.



## What are Mood Disorders?

Mood disorders are marked by a consistent and pervasive change in mood, affecting thoughts, emotions and behaviours. These include major depressive and bipolar disorders. Individuals with such disorders may have extremes of mood along with other symptoms such as sleep and appetite changes, problems with energy and even thoughts of harming self or others. Many factors contribute to mood disorders, with genetics, personality, upbringing and the environment playing a role.

## Inpatient Service

The MDU specialist inpatient service aims to optimise our patients' recovery process by synergising approaches from psychiatry, psychotherapy, pharmacy, art therapy, social work, occupational therapy, nursing and case management.

Treatment is a collaborative process and patients can expect to work closely with the MDU team and play an active role in their recovery. We will customise a combination of medications and/or therapies best suited for each individual. Our patients can find ways of coping with difficult thoughts, feelings and behaviours, and reducing their distressing symptoms via activities in the ward. When appropriate, we also work closely with our patients' families or caregivers to improve treatment outcomes. Following discharge, our case managers will continue to provide close monitoring.



Work of art by client during an art therapy session.

## Mood Disorders Clinic

The Mood Disorders Clinic is a specialist outpatient service that provides continuity of care for patients discharged from the MDU Inpatient Service. The clinic also accepts referrals from healthcare professionals for individuals with complex mood disorders. Through a detailed process of assessment, treatment, feedback and regular follow-ups, the service aims to customise a combination of medications and/or psychotherapy best suited for each individual.



## Neurostimulation Service

The Neurostimulation Service provides Electroconvulsive Therapy (ECT) and repetitive Transcranial Magnetic Stimulation (rTMS) services to patients in the outpatient and inpatient settings. ECT consists of inducing a brief medically controlled seizure under anaesthesia and is one of the fastest and most effective short-term treatments for depression, mania, and schizophrenia. ECT is typically done twice or thrice a week for 10-12 sessions. There are four types of ECT available for our patients:

- Bitemporal
- Bifrontal
- Right Unilateral
- Ultrabrief Right Unilateral

rTMS is another form of treatment for depression that is not responding to standard treatment. It is a safe and effective treatment that consists of using strong magnetic pulses to stimulate the part of the brain involved in depression. This procedure is done thrice a week for four weeks. A thorough assessment and review will be conducted by our psychiatrists to determine the best form of treatment for each patient.

