

## Other Therapies

**Individual Psychotherapy** – You can work one-on-one with a psychologist on the emotional difficulties that you are experiencing and find better ways of coping with your emotions. It is a goal oriented process and is dependent on the goals you would like to achieve in therapy.

**Couple & Family Therapy** – Couple and family therapy focuses on helping patients and their families work with issues involving relationship conflicts and difficulties. You can discuss this further with the care team if you think this would be helpful for you and your family.

**Occupational Therapy** – Occupational therapy is an activity based assessment and treatment where you can look at your goals and talk about the ways occupational therapy activities can help you achieve them.

**Individual Art Therapy** – If you find it difficult to express your deeper emotions and feelings in words, making art in the presence of an art therapist and reflecting on its meaning in individual sessions will help you to express and understand yourself better and enable you to make positive changes in your lives.



### Mood Disorders Unit

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## Mood Disorders Unit Inpatient Service



Loving Hearts, Beautiful Minds



## *Mood Disorders Unit Inpatient Service*

The Mood Disorders Unit (MDU) specialist inpatient service consists of a 40-bed acute ward, providing customised inpatient treatment for patients with mood disorders. The ward caters to male and female patients. Patients in the ward will receive quality care from a multidisciplinary team consisting of psychiatrists, psychologists, nurses, pharmacists, medical social workers, occupational therapists, and case managers. The ward also provides activities aimed at helping you find ways of coping with difficult thoughts, feelings and behaviours, and reducing some of the distressing symptoms you experience.



## *Treatment & Care Plan*

Treatment is a collaborative process and you can expect to work closely with the team and play an active role in your recovery. You and the team will discuss the best way to look after yourself and a care plan will be put together. Treatment typically includes taking medications, talking, answering questions and participating in group work with other patients. We encourage you to take part in the planned group therapies and talk to us if you have any concerns about your treatment and care plan. When appropriate, we also work closely with your family or caregivers to optimise your treatment outcomes.



## *Family Psychoeducation*

Your family and/or caregivers can also receive support from the medical social worker through family psychoeducation sessions. Such sessions are tailored to help them understand the ways they can support you in managing your illness. These sessions will be useful in helping you and your loved ones journey together on the road to recovery.



## *MDU Therapy Groups*

During your stay in the ward, you are strongly encouraged to attend various groups that are designed to give you the opportunity to share, gain support and build skills that can help you in coping with your mental health and other life challenges. The groups include Psychology therapy, Occupational therapy and Art therapy.

