



# Mind Movement

## ABA 100 Award Winner for Innovation in Service Delivery

Altius Group's Mind Movement program employs evidence-based strategies to improve an individual's quality of life following an injury. The power of the program lies in its holistic approach – combining high quality psychological interventions with a registered psychologist, where appropriate, with exercise physiologist sessions to reduce the barriers impacting an individual's recovery and return to work.

Clients are guided through identifying how their emotions, behaviours, body and thought patterns are interconnected and have a central role in their recovery.

Our experienced psychologists work with individuals across 8 sessions, to move them from a low level of functioning to thinking about reinvesting in their lives. Whether this be improving their overall quality of life or preparing them for employment and the actions required to return to work.

During the program, our Accredited Exercise Physiologists also work with Mind Movement clients to help them put the techniques learnt with the psychologist into practice and practice movement in a supported way. This combined approach is best practice treatment for pain and low level of functioning, as it recognises the holistic intervention required for recovery.

The program incorporates the evidence that exercise is just as effective as antidepressants in treating mild to moderate depression as well as research that states people start losing strength 24 hours after an injury and, depending how active they were, can lose 30-40% strength in 5-6 weeks.

Mind Movement also aims to address client specific psychological and psychosocial factors which are impacting an individual's recovery and return to new employment such as resiliency and a client's perceived self-efficiency.

### The program is designed to benefit individuals:

- With physical or psychological injuries.
- With subacute to chronic injury which has persisted for more than 3 months.
- Experiencing long-term work absence, through a lack of suitable duties leading to a slower recovery.
- Who demonstrate a minimal change in their health status.
- Experiencing stress, anxiety or depression.
- Who have demonstrated fear avoidance with physical therapies.
- Who have experienced minimal change to function or pain states for weeks to months.

## Mind Movement Includes:

- Psychoeducation to understand and learn strategies to cope with pain.
- Cognitive Therapy to challenge unhelpful thinking.
- Behavioural activation to increase functioning.
- Combined treatment with an exercise physiologist to practice movement in a safe environment.
- Building confidence and self-esteem.
- The setting of goals to overcome obstacles.
- Strategies to support improvements in mood and sleep grounded in evidence based research.
- Developing interpersonal and communication skills to improve relationships.
- Helping individuals to regain control of their life.

Our approach to treatment in the Mind Movement program aims to improve client wellbeing. We use evidenced informed interventions to overcome the psychological distress and personal challenges associated with a long term injury. The program uses a client-centred framework with a strong focus on wellbeing where treatment goals are aligned with client values. The Mind Movement Program specialises in:

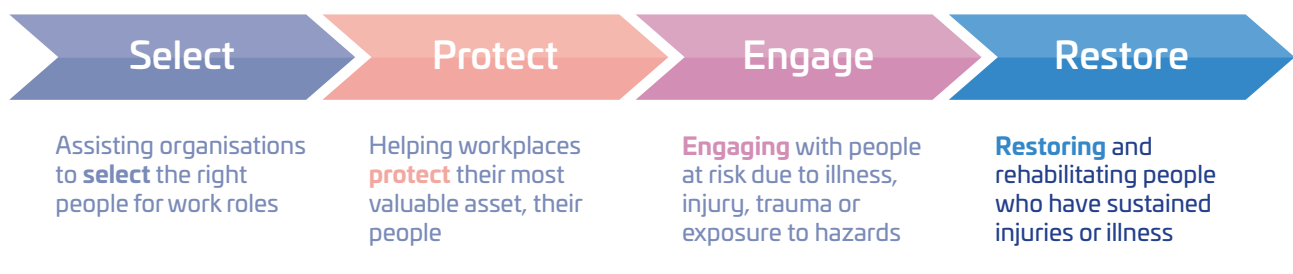
- Improving client wellbeing.
- Assisting individuals with pain management from a psychological perspective.
- Injury adjustment / acceptance.
- Psychological injury and secondary psychological disorders.
- Addressing Psychosocial factors that impede recovery
- Offering opportunities for physical therapy and active application of strategies to promote wellbeing and improved function.

As a multidisciplinary team we base our approach on a biopsychosocial model. We consider the person, their health problem and their social context and then provide a customised program to achieve positive outcomes.

Our national team of registered clinical and organisational psychologists, occupational therapists, exercise physiologists, physiotherapists and occupational physicians work in collaboration with one another to assist clients to achieve optimal health.

A recent **Mind Movement** pilot study demonstrated significant improvement in pre and post program scores across measures of depression, anxiety, stress and wellbeing.

Combining award-winning clinical expertise, national resources and commercial acumen, Altius Group achieves industry leading outcomes in psychological therapy.



Get in touch with us:

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