



Melbourne, Australia

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Melbourne is the second largest city in Australia as well as the capital of the state, Victoria. The population of Melbourne is 4.9 million and a highly multicultural city.

Group Therapy

I was tasked this past semester with conducting therapy groups for the in-patient Addictions Unit at the Melbourne Clinic. My role was to develop different topics weekly to work with the detox group in the unit. Some topics I covered with groups were; discharge planning, social roles, identity, biopsychosocial model of addiction, trauma, grief, grounding techniques, anxiety, and CBT.

These groups were very important for both the patients and myself. The patients were educated and given therapy that helped them better understand their addiction. For myself, I was able to develop skills and a base of knowledge about addiction and managing group therapy.



Placement Information

Field placement:

I had the opportunity to be placed at the Melbourne Clinic which is a 175-patient bed facility and is Australia's largest private mental health service, providing a range of services including inpatient and day programs, an outreach program and consulting suites at three locations.

I mainly worked in the addictions unit where I conducted group therapy and 1:1 individual therapy.

Agency Program Description

Field Placement: The Melbourne Clinic provides mental health services in the private sector to the greater Melbourne area.

Inpatient Programs and Services:

- Addictive Behaviors Services
- Binge Eating Disorder Program
- Electroconvulsive Therapy
- EMDR Program
- Emotional Management Program
- General Inpatient (Living Well Program)
- Intensive Care Unit
- Obsessive Compulsive Disorder Program
- The Professorial Program
- Transcranial Magnetic Stimulation
- Young Persons Program

Skills Utilized/Developed

- Therapy Both 1:1 and Group Settings
- Coordination of Care between Many Different Care Teams
- Psychosocial Model of Addiction

Classroom Connections

I took an array of courses that prepared me for my clinical placement abroad.

Some of which are:

- Interpersonal Practice with Individuals, Families, and Groups
- Interpersonal Practice with Adults
- Interpersonal Practice with Families
- Health Care Policy and Service
- Social Work Practice in Health Promotion
- Behavioral Health and Disease

Between the theoretical and practical aspects of my courses covering healthcare policy, therapeutic techniques, and delivery of service I was well informed to contribute to my placement and expand on my previous knowledge of the healthcare system and Mental Health

Lessons Learned

- Group therapy is not a presentation, more an organic conversation
- No matter how well you plan a group it will go where it goes, and adaptability is key
- People who struggle with addiction are no different than me, addiction looks different in every person
- Trauma has a massive impact on our development and coping strategies

Career Connections

I received training and practice in DBT, CBT, MI, ACT, Solution Focused Therapy, Narrative Therapy, Transactional Analysis. These modalities will serve me well in serving my clients best when I begin my career as a Medical Social Worker.

Also having experience and working in another countries healthcare system has given me knew insight into ways the United States Systems functions and how it might function differently in the future.

Advice

- Try not to over plan or overthink, it will all workout and if it doesn't you will make it work
- Take time to enjoy the country you are in and breath
- Try to do something every weekend to maximize your time

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