

# Cognitive Behavioural Therapy (CBT)

Providing resources, education and clinical support to enhance your ability to change the way you think, feel and behave.

## Who is the program for?

Designed to assist people with a range of emotional and mental health issues, particularly depression and anxiety. The program can assist anyone who needs support to challenge unhelpful thoughts which are preventing them from reaching their goals or living the life they want to live.

## Program content

- Goal setting
- Depression management
- Anxiety management
- Lifestyle management
- Worry/rumination management
- Self esteem
- Relapse prevention
- Relaxation

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**About the program**

This program assists patients to clearly identify problem areas in their lives related to their values, and thereby set realistic and achievable goals by which to move forward. The program assists patients to develop a framework for understanding current difficulties and thereby learn techniques to better manage difficult and unpleasant situations and emotions.

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**When is it held?**

This closed group program has the option of day or evening programs. The day program is a two week program, Monday to Friday, 9.00am to 2.45pm. Morning tea, lunch and afternoon tea is provided.

The evening program is one evening per week for ten weeks, 5.00pm to 8.15pm. A light snack is provided.

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**How to join**

If you are interested in attending this program you will need to discuss this with your treating Psychiatrist or General Practitioner who will assess your suitability and if appropriate, provide a referral.

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**How much does it cost?**

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. All health funds have different rules. Please check with our Therapy Liaison Officer, who will advise if any out-of-pocket excess or gap costs are applicable to you.

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**Further Information**

For information on this program please contact our Therapy Liaison Officer

T: 08 9380 4999

F: 08 9388 3179

E: [mrn.tlo@healthcare.com.au](mailto:mrn.tlo@healthcare.com.au)



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