

Cognitive Behavioural Therapy Program (CBT)

Depression and Anxiety Education (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 balance
- 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 one or two week program, Monday to Friday. Morning tea, lunch and afternoon tea is provided.

8.45am - 9.00am	Registration and sign in
9.00am - 2.45pm	Group program

The evening program is one evening per week for ten weeks. A light snack is provided.

5.15pm - 5.30pm	Group registration
5.30pm - 8.45pm	Group program

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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 who will assess your suitability and if appropriate, provide a referral.

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How much does it cost?

You will be admitted as a day patient and as such, can claim it via your health fund. All 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

P: 08 9380 4999 (ext 1180) F: 08 9388 3179

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