

# Applied CBT for Mood and Anxiety Disorders

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

## Who is the program for?

This program is designed for people suffering from depression, anxiety or stress.

## Program content

- Understanding anxiety
- Understanding depression
- Understanding core beliefs
- Cognitive restructuring
- Emotion management
- Stress management
- Lifestyle balancing
- Goal setting
- Relaxation
- Coping with change
- Mindfulness
- Relapse prevention

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**About the program**

This open group program consists of ten sessions run by a multidisciplinary treatment team. It is designed for people who want to identify, understand and change unhelpful patterns of thinking which may be negatively affecting their daily lives. Cognitive Behavioural Therapy (CBT) deals with the 'here and now' - how current thoughts and behaviours affect an individual now. While CBT recognises that events in the past have helped shaped the way an individual currently thinks and behaves, it does not dwell on the past but aims to find solutions to how to change current thoughts and behaviours to function better in the future.

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**When is it held?**

Every Tuesday as detailed below. Morning tea, lunch and afternoon tea is provided.

9:00am - 9:30am	Registration and sign in
9:30am - 2:30pm	Group program

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**How to join**

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to South Eastern Private Hospital.

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**How much does it cost?**

Participants are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with South Eastern Private Hospital.

# South Eastern Private Hospital