

## Anxiety Management Masterclass

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

### Who is the program for?

This program is designed for people who want to learn and apply advanced Cognitive Behavioural Therapy (CBT) techniques to manage their anxiety disorder.

### Program Content

- Understanding how anxiety disorders are maintained
- Addressing anxiety based thought patterns
- How to confront avoidance successfully
- Managing daily stress
- Improving Communication
- Overcoming perfectionism
- Decreasing procrastination
- Sustaining change

### About the program

This open program provides a structured application of proven CBT therapy processes. Participants will develop an understanding of their fear response and examine ways that anxiety affects daily life. Participants will be taught how to challenge the negative thoughts that maintain their symptoms of anxiety and engage in behavioural tasks to manage problematic avoidance.

### When is it held?

One day a week over eight (8) weeks as detailed below. Morning tea and lunch is provided.

8:30am - 9:00am    Registration  
9:00am - 2:45pm    Group Program

Check our website for the current timetable.

### How to join?

Individuals interested in attending this program will need a referral from a Psychiatrist with admission rights to South Coast Private Hospital.

### How much does it cost?

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

### Further Information

For information on this program please contact the South Coast Private Hospital Day Programs Team

T: 02 4286 6847

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