

Introduction to Mood and Anxiety Disorders

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 greater control over their depression or anxiety disorder through application of proven Cognitive Behavioural Therapy (CBT) techniques.

Program content

- Understanding mood and anxiety disorders
- The thinking-feeling connection
- Identifying and challenging negative self-talk
- Mindfulness skills
- Distress tolerance
- Maintaining Wellness

South Coast
Private Hospital

112 Burelli Street, Wollongong NSW 2500
T: 1800 250 000 / southcoastprivate.com.au

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About the program

This program provides a structured application of proven CBT therapy processes. It contains focused cognitive restructuring activities that are known to help manage mood disorders and lessen the severity and duration of episodes. The behavioural component of this course assists participants to re-engage with their life in helpful ways.

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When is it held?

One day a week over six weeks as detailed below.
Morning tea and lunch is provided.

8:30am – 9:00am Registration and sign in
9:00am – 2:30pm Group program

Check our website for the current timetable.

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How to join

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

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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 patients confirm any applicable out of pocket or gap costs directly with South Coast Private Hospital.

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Further information

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

T: 02 4286 6847

E: sco.dayprograms@healthecare.com.au

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