

Depression 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 mood disorder.

Program Content

- Understanding how mood disorders are maintained
- Addressing depressive based thought patterns
- Challenging core beliefs
- Behavioural activation
- Changing mood dependence
- Reducing rumination
- Finding happiness
- Practicing self-compassion

About the program

This semi-open program aims to assist patients to lift their mood through targeting maladaptive thought processes, unhelpful behaviours and replacing these with more strategies. Using the model of CBT, participants are taught how to assertively address symptoms of depression in their everyday lives, through targeted skills development and a homework program.

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

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