

# Mood and Anxiety Masterclass Program

**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 and anxiety disorders.

## Program Content

- Understanding how mood and anxiety disorders are maintained
- Addressing negative thoughts
- Dealing with stress
- Overcoming avoidance
- Challenging core beliefs
- Improving social skills
- Addressing procrastination and perfectionism
- 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 and reduce their anxiety through targeting maladaptive thought processes, unhelpful behaviours and replacing these with more skilful strategies. Using advanced CBT techniques, participants are taught how to assertively address their symptoms through targeted skills development and a homework program.

## When is it held?

One day a week over 12 weeks as detailed below. Intake is every four weeks. Morning tea and lunch is provided.

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

Check our website for the current timetable.

## Day Program Attendance

If you or your health professional believe this program would be beneficial to you or your loved ones, please obtain a referral from a South Coast Private Psychiatrist or contact us on the details below.

## How much does it cost?

South Coast Private has contract arrangements and approved programs with majority of private health funds, however, there may be some out of pocket expenses based on your level of cover.

Patients that do not have private health insurance need to contact us to obtain cost estimate for day programs attendance.

## Further Information

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

T: 02 4286 6847

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