



DAY GROUP OUTLINE

Cognitive Behaviour Therapy (CBT) for Mood and Anxiety Disorders

Frequency: 10 week open group (patients can join the group at their convenience)

Suits: People who have been diagnosed with a mood or anxiety disorder. Please note that it is **NOT** a prerequisite for patients to have been an inpatient and completed the inpatient for them to enrol in the day program.

Overview: The Cognitive Behaviour Therapy day program is an evidence based program designed for people who have various mood disorders. The program promotes the understanding of applying new strategies to help individuals in their everyday lives. The main focus is on the "here and now" and teaches skills for thinking, feeling and acting in ways which promote improved mental health. Patient commitment to the program is expected and non attendance will be noted by the Group Coordinator prior to absence and will be assessed case by case.

Some of the topics covered during the mood and anxiety day patient groups include:

- Balanced lifestyle
- Goal setting
- Problem solving
- Core beliefs
- Healthy thinking
- Dealing with relapse

When: Monday evenings from 5:30pm-8:30pm

Costs: \$150.00 per session (which covers therapy, light meal, refreshment and workbook). This cost may vary depending on the level of private health insurance the participant has.

For more information about our CBT Day please contact The Hills Clinic on 1300 122 144 and ask to speak to our Group Coordinator.

Alternatively, please email our group coordinator:
groups@thehillsclinic.com.au.