

Focused CBT for Wellbeing

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

Who is the program for?

This program is designed for people suffering from depression, anxiety or stress.

Program content

- Schemas
- Lifestyle balancing
- Goal setting
- Mindfulness
- The pursuit of happiness
- Mastering your worries
- Emotional intelligence
- Perfectionism
- Improving self esteem
- Healthy relationships
- Cognitive distortions
- Put off procrastinating
- Community support
- Stress management
- Managing anxiety
- Understanding grief and loss

See overleaf for dates and specific topics

.....
About the program

This open group program is run by a multidisciplinary treatment team. It provides patients a space to explore relevant life themes applicable to everyday life. The program is informed by Cognitive Behavioural Therapy (CBT) principles and is designed to focus more intensely on specific topics of interest. It can be either a continuation of other groups or an introduction for patients who have not previously engaged in group work. The program provides a supportive and ongoing group therapy that reinforces CBT skills practice, including the revision of program skills and the introduction of new topics. Patients attending this program are offered sessions that focus on a different topic each week.

.....
When is it held?

Every Monday as detailed below. Morning tea, lunch and afternoon tea is provided.

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

.....
How to join

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

.....
How much does it cost?

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

South Eastern Private Hospital