

Cognitive Behaviour Therapy (CBT)

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

Who is the program for?

The Cognitive Behaviour Therapy program aims to give participants the opportunity to look at various aspects of their lives that they may find challenging.

It is designed for people who want to identify, understand, and change unhelpful patterns of thinking which may be negatively affecting their day-to-day life.

Program content

This program covers topics such as:

- Understanding anxiety and depression
- Depression management
- Anxiety management
- Relaxation
- Managing emotions
- Mindfulness
- Goal setting
- Activity Scheduling
- Lifestyle balance
- Relapse prevention

A group setting is an ideal place to learn and practice these skills, because it offers a safe and supportive environment.

About the program

The Cognitive Behavioural Therapy Day Program is a psychoeducation-based program that focuses on helping participants to manage anxiety and depression.

Cognitive Behaviour Therapy recognises that past events may contribute to the way people think and behave. This program does not dwell on past events, but places emphasis on supporting participants around what is going on currently in their lives.

The aim of the program is to support participants to develop a balanced lifestyle, manage emotions, develop skills and strategies to manage anxiety and depression in the future.

Program Requirements

Individuals will attend a pre-program assessment prior to commencing in a group program. The aim of this assessment will be to complete pre-program tasks, consider goals for attendance and orientate individuals to the specifics of the program and expectations.

The program requires individuals to demonstrate a clear commitment to changing their behaviour by attending all group-based program sessions.

The program is both practical and self-reflective. It includes learning new skills and practicing them during and between sessions as part of weekly homework tasks.

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When is it held?

The Cognitive Behaviour Therapy Program is offered as:

- An 8-week program held once a week. Each session runs from 8:45am until 2:30pm. Morning tea and lunch is provided. or;
- A 12-week program held once a week. Each session runs for 3.5 hours. Light refreshments will be provided.

How much does it cost?

You will be admitted as a day patient and as such, can claim the cost via your private health fund. All health funds have different rules. Please check with Townsville Private Clinic Day Program administration, who will advise you of any applicable out-of-pocket excess or gap costs that you will incur.

Townsville Private Clinic is also an accredited NDIS provider, as such you may utilise NDIS funding to cover the costs of the program. This program is covered for Veterans under DVA.

Your Next Steps

Individuals interested in attending this program will need a referral from a Psychiatrist with admission rights to Townsville Private Clinic. Please discuss the group with your treating psychiatrist or contact the Townsville Private Clinic Admissions and Assessment team on 1800 884 767.

For information on this program please contact the Townsville Private Clinic Day Programs Team.
Phone 07 4431 1600 or email
townsville@aurorahealth.com.au

