



We should learn to live in the present moment.....

# The CBT Mindfulness for Anxiety and Depression

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

## Who is the program for?

People who wish to gain the skills to manage depression and/or anxiety more effectively in a supportive environment.

## Program content

Depression topics

- What is depression?
- Regaining pleasure and achievement
- Identifying the self talk of depression
- Challenging isolation

Anxiety topics

- What is anxiety?
- Relaxation training
- Self talk and avoidance
- Challenging and managing anxiety

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**About the program**

This program provides a very specific Mindfulness-based CBT skill set for patients to manage anxiety and depression. The Depression component uses CBT skills, including the use of rating scales. The Anxiety component teaches bio-feedback and also utilises thought/feeling identifiers.

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**When is it held?**

Once a week for ten weeks. Light refreshments are provided. Transport options may be available.

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**How to join**

If you are interested in attending the CBT Mindfulness Day Program for Anxiety and Depression, you will need to discuss this with your treating doctor who will assess your suitability and, if appropriate, provide a referral.

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**How much does it cost?**

Patients 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 Brisbane Waters Private Hospital Day Therapy Program Coordinator. A quote can be provided if you do not have private health insurance.

# Brisbane Waters Private Hospital

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