

# Day Program :

## Cognitive Behavioural Therapy (CBT)

This program provides a very specific Mindfulness based CBT skill set for patients to manage anxiety and depression.

### What is the program about?

The depression component uses CBT skills, including the use of rating scales. The anxiety component teaches bio-feedback and also utilises thought/feeling identifiers.

### Who is the program for?

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

### What does the program cover?

The program provides access to resources, education and clinical support to enhance your ability to change the way you think, feel and behave.

Topics include:

- What is depression?
- Regaining pleasure and achievement
- Identifying the self-talk of depression
- Challenging isolation
- What is anxiety?
- Relaxation training
- Self-talk and avoidance
- Challenging and managing anxiety

### When is it held?

The day program is offered one day a week for a period of ten weeks per program.

### How can participants enrol?

Discuss interest and suitability with a General Practitioner (GP). A GP will then conduct an assessment and provide a referral if appropriate.

### 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.

For more information on the range of programs offered at Brisbane Waters Private Hospital's Central Coast Clinic visit: [www.centralcoastclinic.com.au](http://www.centralcoastclinic.com.au)

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