

Building Strength and Resilience

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 recovering from a mental health problem like depression, anxiety, addiction and adjustment issues and would like to build on their day-to-day coping skills. This program may be useful in helping to 'bounce back' and meet daily demands.

Program content

- Facing feelings
- Better understanding of symptoms
- Awareness, acceptance and tolerance
- Challenging unhelpful thoughts
- Compassionate self support
- Promoting happiness and wellbeing
- Establishing a healthy life
- Maintenance and relapse prevention

When is it held?

Wednesdays 9.00am-2.45pm

About the program

This program is for people trying to cope with mental health problems like depression, anxiety, addiction and adjustment issues. Using a range of evidence-based strategies, the aim of the program is to build personal resilience and develop emotional physical health. Participants will be taught a range of practical skills to help 'bounce back' from stressful and difficult life experiences and get back to meeting the demands of day-to-day living. A number of theoretical models are utilised, including Cognitive Behavioural Therapy (CBT), Positive Psychology, Mindfulness and Affect or Emotional Regulation to enhance personal wellbeing

How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Currumbin Clinic.

Referral form can be found at:
<https://currumbinclinic.com.au/doctors/gp-specialist-admission-referral-form>

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 Currumbin Clinic