CBT for Mood Disorders

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

DVA APPROVED

Who is the program for?

This program is useful for people who want greater control over their depression or bipolar disorder through application of proven Cognitive Behavioural Therapy (CBT) techniques.

Program content

- What is a mood disorder?
- The thinking-feeling connection
- Identifying self talk
- Challenging our beliefs
- Cognitive restructuring
- Behavioural activation
- Monitoring moods
- Maintaining gains and staying well

About the program

This program provides a structured application of proven Cognitive Behavioural Therapy processes. It contains focused cognitive restructuring activities that are known to help manage mood disorders and lessen the severity and duration of episodes. The behavioural component of this course assists with helping people re-engage with living in helpful ways. Participants will also learn how to track and monitor mood fluctuations to help gain insight and control over their illness.

When is it held?

Every Wednesday for eight weeks as detailed below. Morning tea, lunch and afternoon tea is provided.

8:30am - 9:00am	Registration and sign in
9:00am - 2:30pm	Group program
2:30pm - 3:30pm	Facilitated relaxation session

How to join

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

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.

Currumbin Clinic

37 Bilinga Street, Currumbin QLD 4223 T: 07 5525 9682 F: 07 5525 9676
E: currumbindaypatients@healthecare.com.au / currumbinclinic.com.au

healthe.care