

CBT for Transdiagnostic Anxiety Disorders

Including Generalised Anxiety, Social Anxiety, Specific Phobias, Panic Disorder, OCD and PTSD

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

Who is the program for?

This program may be useful for people who wish to gain skills to manage their anxiety more effectively in a supportive environment.

Program content

- What is anxiety?
- Motivational skills
- CBT skills
- Identifying and rating
- Exposure therapy
- Challenging core beliefs
- Goal setting
- Relaxation training
- Relapse prevention training

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About the program

This program provides a very specific focus on exposure therapy to decrease the impact that anxiety can have on an individual's life. Cognitive Behavioural Therapy (CBT) is used to identify unhelpful thoughts that maintain anxiety, and relaxation techniques are utilised to better manage physical symptoms of anxiety.

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When is it held?

Every Tuesday 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

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How to join

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

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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.

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Currumbin
Clinic