

# R.E.A.C.H (CBT for Mood Disorders)

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

## Who is the program for?

This Black Dog Institute developed program is designed for people diagnosed with depression or bipolar disorder and would like to manage it more effectively through the application of proven Cognitive Behavioural Therapy (CBT) techniques.

## Program content

- Responsibility
- Education
- Acceptance
- Connection
- Hope
- 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

## When is it held?

Mondays 9.00am-2.45pm

## About the program

This program is developed by the Black Dog Institute for people living with depression or bipolar disorder. Based on the principles of Responsibility, Education, Acceptance, Connection and Hope, it is designed to help people manage their illness and stay well.

The program provides a structured application of proven Cognitive Behavioural Therapy processes and 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.

## How to join

Patients interested in attending this program will need a GP 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