

Cognitive Behavioural Therapy (CBT)

Who: The CBT Day Program offers people with a range of mental health conditions, primarily mood and anxiety disorders, opportunities to explore thoughts, feelings and behaviours and identify ways of implementing change.

The program encourages challenging of negative thinking styles and unhelpful behaviours through supportive group work and experiential exercises.

Content: Throughout the CBT program, participants will learn to:

- Recognise 'thinking errors' and assumptions which can cause us to interpret things more negatively
- Identify the 'core beliefs' which can perpetuate low mood and negative thinking
- Challenge and break old thinking habits and replace them with more balanced appraisals
- Practise assertive communication as a way to manage boundaries and express our needs.

CBT is an evidence-based and well-established therapy used world-wide to treat numerous conditions and difficulties. Each group is tailored to the needs and learning styles of the participants.

When: Runs over 10 weeks.

Please contact the Day Program intake office or a member of the Northpark Therapy team for more information and to make a booking.

9468 0177 or email **Northpark.dayprogram@healthscope.com.au**

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