

CBT in Action

Outpatient Program



The Victoria
Clinic
by Healthscope

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Community
of Care



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by Healthscope

CBT in Action (CBTA) is an outpatient program combining Cognitive Behaviour Therapy (CBT) and Exercise Physiology to improve mental wellbeing and physical health.

Aims

- To provide a safe and supportive environment to discuss issues relating to mental health;
- To offer psychological strategies to deal more effectively with mental health difficulties such as depression, anxiety and stress;
- To introduce exercise-based strategies to manage mental health difficulties;
- To encourage exercise-based strategies to manage side effects of psychotropic medications;
- To better understand the mind-body connection;
- To identify and challenge unhelpful beliefs about health and wellness.

Who

The program is designed for individuals who experience any type of mental health symptoms.

Content

- Education about depression, anxiety and other mental health difficulties;
- Psychological strategies focusing on the link between our thoughts, feelings and behaviours;
- Education on exercise-based interventions to better manage mental health difficulties;
- Individually tailored exercise program designed to meet participants' varying health needs;
- Education and practical strategies to improve mental health through nutrition;
- Support for maintaining motivation and helpful routines.

Structure

CBTA is a full day program and runs for 6 weeks.

When

The program runs on a Tuesday for 6 weeks. New participants can join the group every 6 weeks. Please call The Wellness Centre on 03 9526 0295 for more details.

Joining the program

Referral from a psychiatrist accredited at The Victoria Clinic is required.

