



## The Victoria Clinic

324 Malvern Road  
Prahran VIC 3181

Phone: 03 9526 0200 | Fax: 03 9526 0222

[www.thevictoriaclinic.com.au](http://www.thevictoriaclinic.com.au)

A Healthscope hospital.

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## The Victoria Clinic

# Cognitive Behaviour Therapy



# Cognitive Behaviour Therapy for Anxiety and Depression

## Aims:

- To provide a safe and supportive environment to discuss issues relating to depression and anxiety;
- To assist in gaining insight into the thinking-feeling connection in relation to depression and anxiety;
- To provide an introduction to emotion management strategies;
- To offer strategies to deal more effectively with depression and anxiety through a best-practice Cognitive Behaviour Therapy (CBT) framework.

## Who:

The program is designed for individuals who experience symptoms of depression and anxiety.

## Content:

- Psychoeducation about depression and anxiety and their effects;
- CBT for problem solving and anxiety reduction;
- Exposure therapy;
- Cognitive restructuring through thought diaries;
- Supportive group therapy;
- Education around relaxation and stress-reduction techniques
- Behavioural activation education for depression symptom management

## Structure:

The introductory program runs for 12 weeks and builds from one week to the next. Participants are given in-between session tasks to consolidate information learnt from week to week.

## When:

This group runs on Thursdays and is a full day group.

**Consultant Psychiatrist:** Dr Leo Chen

