

People caring for people



Bindarray Clinic

Mood And Anxiety Day Program




RAMSAY MENTAL HEALTH

BINDARRAY
CLINIC

Bindarray Clinic Mood And Anxiety Day Program

Our eight week program is held each Monday 9am – 3pm.

This day program is coordinated by the nurse unit manager and facilitated by highly qualified clinical psychologists. It has been based on best practice psychological interventions for the treatment of anxiety and depression, incorporating:

- Cognitive Behaviour Therapy (CBT), with its emphasis on how thoughts influence feelings and behaviour
 - Acceptance and Commitment Therapy (ACT), which promotes cognitive flexibility with the aim of reducing the impact of negative thoughts and enhancing values-based action
 - Mindfulness – a mental state of awareness, openness and focus
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- Lifestyle topics including
 - Sleep hygiene
 - Interpersonal relationships
 - Drugs and Alcohol
 - Medication (delivered by one of the Clinic's consultant Psychiatrists)
 - Exercise
 - Diet
 - Assertiveness
 - Activity scheduling
 - Goal setting

As the Program is skills-based, participants will practice in group each week and are requested to complete homework each week, in order to consolidate the strategies and techniques being learned.

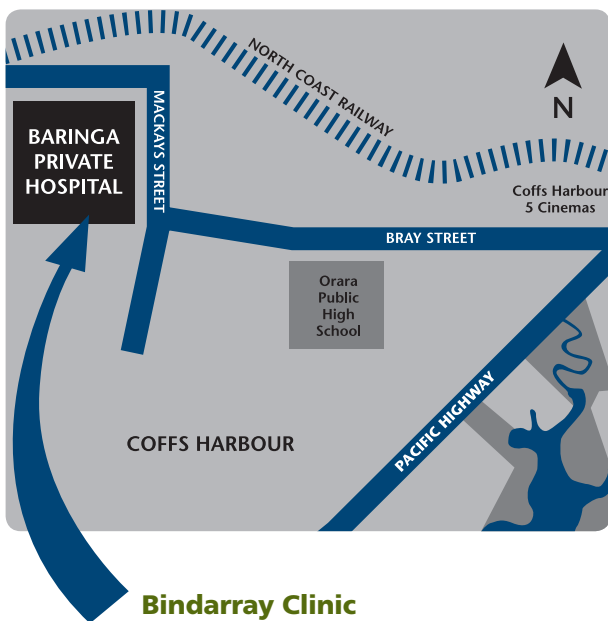
Access to the program

Referral from your GP must be obtained. Then you may seek access to the program by calling the coordinator on **(02) 6659 4495**.

An appointment will be arranged with a treating psychiatrist who will assess for suitability and place your name on a waiting list for the next appropriate group.

If you have any queries, please call (02) 6659 4495 and speak with the coordinator.





Bindarray Clinic

On-site at the **Baringa Private Hospital**



Bindarray Clinic

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