

Mastering Moods Program

Day Program

Take back control of your life with this unique program. Developed by psychiatrists, clinical psychologist and experienced therapists, this program will help you to understand and accept the nature of depression, anxiety and other mood disorders, while giving you practical skills and strategies to be used in your everyday life.

When: Call South Pacific Private on 1800 063 332 to enquire about starting dates

Duration: Every Monday for 10 weeks

Hours: 10.00 am – 4.00 pm (morning tea and lunch provided)

Program Overview

Over 10 weeks you will develop skills to assist you in managing your mood disorder:

- Understand the nature of depression and anxiety
- Gain awareness of the underlying factors, including both present and past stressors, that have contributed to your depression
- Set healthy and appropriate limits for communicating and developing relationships
- Learn strategies to boost your motivation and self-esteem
- Identify and challenge the destructive patterns of thinking and behaviour that maintain and exacerbate your depression
- Set realistic goals while developing problem-solving strategies to be used in your daily life
- Understand anxiety, and learn relaxation techniques to assist in calming your stressed nervous system
- Use distress tolerance and mindfulness skills instead of the unhelpful and impulsive habits associated with depression

The Mastering Moods Program may be covered by your private health insurance.

Contact us today

Feel free to contact us 1800 063 332 or visit our website at www.southpacificprivate.com.au

