

Mastering Moods and Anxiety Program

The Mastering Moods and Anxiety Program is designed specifically for individuals who have been diagnosed with depression, bipolar or anxiety disorders.



CHANGING LIVES
HEALING FAMILIES

About

Mastering Moods and Anxiety Program explores depression and anxiety and introduces clients to evidence-based coping skills to manage their moods and anxiety in order to cope with everyday life in a more functional and productive way. Participants will also come to understand their symptoms through processing childhood issues and unresolved trauma.

Clients are encouraged to understand and express their emotions and share their inner dialogue to uncover their vulnerabilities within the safety of the group.

Many individuals experience depression, bipolar and/or anxiety and feel as though no one understands them, this is an opportunity to build a community of support and under the guidance of our experienced and qualified therapists.

This program is facilitated by qualified and experienced clinicians who provide a wealth of knowledge and support in mental health recovery.

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Full and Half Day Available

+

In Person or online

+

Individuals in Recovery

+

Major Health Funds and Self Payment

Program Content

- Education on the causes of depression, anxiety and bipolar disorder.
- Proven self-management techniques drawn from Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, Acceptance and Commitment Therapy, and mindfulness and self-care.
- Learning how to deal with unhealthy resentment and fear, and how to acknowledge strengths and resilience.
- Recognize co-dependent and dysfunctional relationship patterns, and how to deal with them.
- Address unresolved trauma or childhood experiences
- Knowledge and motivation of how to structure your daily routine.
- Ability to challenge unhelpful thinking patterns.
- Develop confidence and self-esteem.

Who is it for?

The program is specifically tailored for individuals who have been diagnosed with depression, bipolar or anxiety disorders. You do not need to have completed our 3 week Inpatient program.

Cost

Most major health funds will cover the Mastering Moods and Anxiety program. Clients can claim via their private health fund, if sufficient hospital cover is held. Please note all funds have different rules. We accept self-funded payments.

The full cost of the program for self-funded is \$350 per session for the full day program and includes morning tea and lunch. The half day program and online programs are \$250 per session and a light snack is included for onsite programs.

Program Delivery

The Mastering Moods and Anxiety Program is available:

- In person 1 session per week full day for 8 weeks
- In person 1 session per week evenings for 8 weeks
- Online 1 session per week for 10 weeks [day and evening options available]

Contact our Intake team on 1800 063 332 for a full list days and times available.

How to get started

For clients completing their inpatient treatment at SPP, clients will be referred into Mastering Moods and Anxiety by their treating Psychiatrist.

For ex-clients who have completed the inpatient program at SPP within 3 months, an assessment and psychiatric review if required will be arranged prior to the commencement of the program.

For new clients, please request a referral from your psychiatrist or GP. An assessment, if required will be arranged prior to the commencement of the program.

**Our Intake Team is available to answer your questions.
Call 1800 063 332 now.**