

# Mastering Moods

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



## About

Mastering Moods 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.

+  
Full Day or  
Evening Sessions

+  
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
- Recognise 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. Completion of our 3 week inpatient program is not required.

## Cost

Most major health funds will cover Mastering Moods. 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.

## Program Delivery

Mastering Moods is available:

- In person 1 full day session per week for 8 weeks
- Online 1 session per week for 8 weeks (only evening options available)

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

## How to get started

Clients completing their inpatient treatment at South Pacific Private will be referred into Mastering Moods by their treating psychiatrist.

For ex-clients who have completed the inpatient program at South Pacific Private 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.**