

HEALING MINDS PSYCHOLOGY CBT SKILLS GROUP



Cognitive Behavioural Therapy (CBT) is a type of psychotherapy that aims to change unhelpful thoughts patterns, feelings and behaviours. CBT is commonly used in individual counselling sessions as it is useful for a wide range of individuals and their wide array of concerns.

WHAT TO EXPECT

This group program will run by Psychologist Bianca Pruscino and Provisional Psychologists Aidyn Bradford and Natalie Chionh.

There will be a specific focus on understanding anxiety, mindfulness, cognitive skills, behavioural skills and long term management of anxiety.

While there are no prerequisite symptoms for individuals to join, the program is most suitable for low-moderate risk individuals (over 18) interested in developing their skills in managing their anxiety. This may include individuals who are experiencing an anxiety disorder, depression, low self-esteem, fears, relationship problems, trauma, eating disorders, emotional or behavioural issues.

PROGRAM DETAILS

Dates: 6th May - 10th June

Time: Weekly, every Friday 4.30pm-6.30pm

Where: 165 Hilton St, Glenroy 3046

Fees: \$50 per session, \$300 total. You may be eligible for a Medicare rebate of \$22.55 per session if you have a valid mental health care plan from your GP, with a \$27.50 out of pocket fee per session. Please enquire with us for more information.

Clients must commit to attending all 6 weeks. Payment can be made on a weekly or quarterly basis, or as an upfront payment.

All clients must engage in a pre-screening interview to determine their suitability. Please speak with your psychologist for more information about your suitability.

For further enquiries please give our admin team a call (1300 732 725) or make an enquiry via email at info@healingmindspsychology.com.au

