

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 be run by Provisional Psychologists Saliha Kuru and Akgul Ozgan.

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: 1st May - 5th June 2023

Time: Weekly, every Monday 3pm - 5pm

Where: 835 Mt Alexander Road, Moonee Ponds, VIC 3039

Fees: \$25 per session, \$150 total. Please enquire with us for more information.

Clients must commit to attending all 6 weeks. Payment can be made weekly, 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@healingmindspychology.com.au

