

Senior's Cognitive Behaviour Therapy

Group Therapy Program for the treatment of Anxiety & Depression in over 60's



NEW FARM
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What is the Senior's Cognitive Behaviour Therapy Program?

The program is a group skills day program specifically tailored for older adults who have experienced depression or anxiety.

Why do we use Group Therapy?

The Senior's CBT Program offered by New Farm Clinic is conducted in groups. Group therapy has been found to be effective for the following reasons:

1. Shared Experiences:

Sharing perceptions and reactions in a group setting allows individuals to see that they are not alone, and that others also experience similar concerns.

2. Relatedness:

It can be overwhelming for an individual to manage alone and a feeling of isolation can emerge. Group therapy can help to foster a sense of relatedness due to meeting others who also have experienced Anxiety and Depression. Because the program is targeted towards older adults, there can be an understanding of unique life stage and generation issues.

3. Support

A therapeutic group can provide support in many ways, such as showing genuine concern and providing encouragement to overcome difficulties in managing change. Also learning in a group environment can be fun.

4. Education & Skills Training

The program uses a Cognitive Behavioural Therapy approach to the treatment of Anxiety and/ or Depression and the maintenance of good mental health. An experienced therapist in conjunction with other specialists will teach the tools and techniques to manage depression and/ or anxiety.

5. Peer Feedback

Group sessions provide an opportunity for constructive feedback from peers and is a valued component of the therapeutic experience. Participation is encouraged but no-one is forced to share information they don't want to.

When will the Program be held?

The program is held on Tuesday 9.00am- 3.00pm for ten weeks. Morning tea and lunch are provided.

Program Content Includes:

- Understanding Anxiety and Depression and what it means for those over 65 years of age.
- The Body's Response to Anxiety and Depression
- Education and Techniques to manage your Mood
- Education and Techniques to manage your Thoughts
- Techniques on Changing Behaviour
- Breaking Negative Cycles
- Art therapy
- Practice exercises
- Homework exercises

During this time group members are taught the relationship between thoughts, feelings and behaviour. They are also taught how to manage negative thoughts, break vicious cycles and change self-defeating behaviour

Costs

Private Health insurance generally covers the cost of treatment but patients are recommended to check the level of cover that their health fund offers for treatment. Staff are available to discuss our current fees with those patients who wish to pay their own treatment.

New Farm Clinic is a fully accredited private acute psychiatric hospital offering a wide range of health fund approved treatment program for both inpatients and day patients.

The services provided are designed to maximise recovery from mental health problems and maintain good mental health.

**To learn more about the program
please ring the Admission Co-ordinator;
Tel: (07) 3254 9100 or
Email: therapy@ramsayhealth.com.au**



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