

The Anxiety Management Program

The Anxiety Management Program gives participants the opportunity to strengthen and develop anxiety coping skills. We use a Cognitive Behaviour Therapy (CBT) framework to explore how thoughts and behaviours affect our mood, so we can learn to manage anxiety more effectively.

Where is it held?

The program is held at Maitland Therapy Day Programs, Maitland Private Hospital.

When is it held?

This program runs weekly for 12 weeks. Each session is held over a three hour period either in the morning or in the afternoon. Our schedule occasionally changes so please contact us to find out the current day and time of this program. Morning/afternoon tea is provided.

How do I join?

Ask your GP or Psychiatrist for a referral to "Treating Doctors" at Maitland Private Hospital Day Programs. Our Fax Number is: 02 4937 9561. When we have received your referral we will contact you to arrange an initial assessment.

Will I have to pay?

You will usually need either private health insurance that includes cover for **psychiatric day programs**, or be eligible to have the program costs met by workers compensation or DVA. Our clerk can conduct a fund check to ensure that you have the appropriate level of cover.

For further information, contact the Maitland Therapy Day Programs on 4937 9570 Monday to Friday or contact maitlandprivate@healthcare.com.au

Who is the program for?

If stress or anxiety causes problems in your life you could benefit from this course.

Program content

MODULE 1

- Week 1 Understanding Anxiety
- Week 2 Acute Anxiety Management
- Week 3 Stress Management
- Week 4 Assertiveness and Self-efficacy

MODULE 2

- Week 5 Identifying Unhelpful Thoughts
- Week 6 Thought Challenging and Core Beliefs
- Week 7 Challenging Core Beliefs
- Week 8 Behaviours that Maintain Anxiety

MODULE 3

- Week 9 Self-Compassion and Living by your values
- Week 10 Sleep, Anxiety and Structured Problem Solving
- Week 11 Behaviour change
- Week 12 Relapse Prevention