

# CBT Master Class For Depression & Anxiety

Our CBT Masterclass Program is an extension of our depression & anxiety programs that focus on how thoughts and actions affect our mood. By understanding how our thoughts and actions affect how we feel, we can learn to manage depression and 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 a total of 6 weeks. It is currently on Tuesdays, and goes from 1pm to 4pm. There is a break for afternoon tea, which 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 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](mailto:maitlandprivate@healthcare.com.au)

## Who is the program for?

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

## Program content

### MODULE 1

#### CBT Defined

Developmental Theories and Stages

### MODULE 2

#### CBT Theories

The Role of Core Beliefs

### MODULE 3

#### CBT and Behaviour Change

Stages of Change  
Comfort Zones

### MODULE 4

#### CBT and Stress

How CBT can Help us Manage Stress

### MODULE 5

#### CBT and Self Compassion

### MODULE 6

Review of Weeks 1-5