

The Depression Management Program

Our Depression Management Program is based on a Cognitive Behaviour Therapy (CBT) framework that focuses on how our thoughts and actions affect our mood. By understanding how our thoughts and actions affect how we feel, we can learn to manage depression.

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 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 low mood or depression causes problems in your life you could benefit from this course.

Program content

MODULE 1

Weeks 1 and 2

Understanding Depression and Increasing Activity

MODULE 2

Weeks 3 and 4

The Links between Thinking, Feeling and Behaviour

MODULE 3

Weeks 5 and 6

Challenging Unhelpful Thoughts, Balanced Thinking and Self- Compassion.

MODULE 4

Weeks 7 and 8 Thinking Better about Me

MODULE 5

Weeks 9 and 10 Lifestyle Skills for Depression

MODULE 6

Weeks 11 and 12 Relapse Prevention and Staying Well