

The Barrington Clinic Day Program

Anxiety Management

Providing resources, education and clinical support to enhance your ability to change the way you think, feel and behave.

Who is the program for?

This program is designed for people who want to learn and apply advanced Cognitive Behavioural Therapy (CBT) techniques to manage their anxiety disorder.

Program content

- Understanding anxiety
- Challenging anxious thoughts
- Confronting avoidance
- Improving communication
- Overcoming perfectionism
- Sustaining change
- Managing daily stress

About the program

This program provides a structured application of proven CBT therapy processes. Participants will develop an understanding of their fear response and examine ways that anxiety affects daily life. Participants will be taught how to challenge the negative thoughts that maintain their symptoms of anxiety and engage in behavioural tasks to manage problematic avoidance.

When is it held?

Offered one day a week over twelve weeks, as either a morning or afternoon session. Light refreshments are provided.

How to join

Ask your GP or treating psychiatrist for a referral to The Barrington Clinic Day Program. Once we have received your referral we will contact you to arrange an initial assessment.

How much does it cost?

Participants are admitted as a day patient and as such, can claim attendance via their health fund. We ask that patients confirm any applicable out of pocket or gap costs directly with Maitland Private Hospital.

Further information

For information on this program please contact:
THE BARRINGTON CLINIC
DAY PROGRAM
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