

# The Barrington Clinic Day Program

## Depression 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 mood disorder.

### Program content

- Understanding depression
- Challenging negative thinking
- Behavioural action plans and goal setting
- Increase self care
- Reducing rumination
- Relapse prevention and staying well

### About the program

Depression Management is a 12 week program that utilises a Cognitive Behaviour Therapy (CBT) framework to focus on how thoughts and actions affect mood. By understanding how thoughts and actions affect how we feel, we can learn to manage depression.

### 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 at Maitland Private Hospital. 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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