

A photograph of two women laughing together. The woman on the left has dark hair and is wearing a yellow top. The woman on the right has red curly hair, wears glasses and a grey sweater. A large blue circle is overlaid on the image, containing text.

DEVELOP ANXIETY COPING SKILLS

**MAITLAND THERAPY
DAY PROGRAMS**

Anxiety
Management

Maitland

Private Hospital

Anxiety Management is a 12 week program that gives participants the opportunity to strengthen and develop anxiety coping skills. A Cognitive Behaviour Therapy (CBT) framework is utilised to explore how thoughts and behaviors affect our mood, so participants can learn to manage anxiety more effectively.

Delivery

3 hour weekly sessions over 12 weeks

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

Cost

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 admin team can conduct a fund check to ensure that you have the appropriate level of cover, or provide a quote for patients without cover.

How do I join?

Ask your GP for a referral to Maitland Therapy Day Programs. Once we have received your referral we will contact you to arrange an initial assessment.

Contact

MAITLAND THERAPY DAY PROGRAMS

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