

## Outpatient Programs schedule

### **Intensive Program**

Participants who are interested in attending our intensive program are able to commence the program following completion of the registration requirements and appointment availability. This program provides individually tailored extended therapy sessions, usually offered on a Monday, Tuesday or Friday.

### **Group Therapy**

- Hoarding Therapy group is our ongoing group offered on the 3<sup>rd</sup> Thursday of each month between 2.00 - 4.00pm.
- OCD Therapy Group provides CBT-based support and follow-up for people who have had individual therapy sessions for OCD. Emphasis will be given to explaining the OCD model and teaching practical strategies to better manage intrusive and unwanted thoughts, feelings and behaviours.

This program will be offered over six sessions on a Wednesday between 6.00-7.30pm. It will run on the 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month, and commences on Wednesday 5 October 2016.

Sessions are bulk billed for participants with a Mental Health Care Plan. Otherwise, the fee is \$40.00

- Mindfulness Based Cognitive Therapy group uses mindfulness-based CBT for Depression, Anxiety and other unwanted mood states, and will be drawing on the recently published *The Mindful Way Workbook* by Teasdale, Williams and Segal (2014). This program will be offered monthly on the 3<sup>rd</sup> Thursday of each month between 5.00 - 6.30pm, and commencement date for the next program is to be confirmed.

All group programs are bulk billed for those with a current Mental Health care plan and medical referral letter.

### **Individual Therapy**

Participants can commence following completion of the registration requirements and appointment availability.